



Instructions after your Egg Retrieval (OPU)

Day 0 - Day of Retrieval

1. Rest at home today. Do not go to work and do not drive a vehicle for the next 24 hours.
2. You may experience vaginal bleeding today.
3. You may have **tender ovaries, cramping for 2-4 weeks**. You may take Acetaminophen (Regular or Extra Strength Tylenol®) for abdominal cramping. **Do not take Ibuprofen (Advil® or Motrin®) or ASA (Aspirin®). Do not consume any alcoholic beverages for the next 24 hours. Do not take medications that contain narcotics.**
4. No sexual intercourse and no strenuous physical activities (walking, swimming are fine) for **4 weeks**.
5. Eat a light healthy meal for lunch (eg: Soup and sandwich) and regular meal for dinner.
6. Start Endometrin® tablets or Progesterone injections as instructed by the Nurse. Use a panty liner as you will experience a white discharge when you start using Endometrin®. **DO NOT STOP** medication unless advised by a nurse or physician

Endometrim®	Start Date: _____ Pills are to be taken vaginally – 1 tab (100mg) 3 times a day (every 8 hours). For example: take in the morning (6-7am), afternoon (2-3pm), and evening (10-11pm).
Prometrium	Start Date: _____ Pills are to be taken vaginally – 2 capsules (200mg) 3 times a day (every 8 hours).
Progesterone	Start Date: _____ Inject 50mg (1ml) once a day at the same time each day.

Day 1 – First Day after your Retrieval

1. We suggest that you rest at home again today. Do not drive a vehicle.
2. Continue to drink a minimum of 2 litres of fluid (including water, juices, Gatorade, soup, Ensure, Boost, ginger ale and caffeine free soft drinks). **See Flow Sheet.**
3. Weigh yourself once a day every morning.
4. The nurse will call you by the end of the work day to inform you of the number of fertilized eggs (embryos).
5. You will also be advised whether your Embryo Transfer will be on **Day 3 or Day 5**. You must have a minimum of 3 fertilized eggs to grow them to the Blastocyst stage (Day 5).
6. You may take Acetaminophen (Regular or Extra Strength Tylenol®) for abdominal cramping. Do Not take Ibuprofen (Advil® or Motrin®) or ASA (Aspirin®).
7. Please notify us of any unexpected admission to a hospital within 10 days post procedure.

Day 2 – Second Day after your Retrieval

1. Your embryos will be re-assessed by the Embryologist.
2. As a result of the re-assessment, the date for your Embryo Transfer **may** change to Day 3 from a planned Day 5 transfer if your physician decides this is the best option for you.
3. If your embryo transfer day will be changed from Day 5 to Day 3, you will be contacted in the early morning and scheduled to come in either late morning or early afternoon for your transfer (appointment time dependent on daily procedures already scheduled for the day).
4. If your embryo transfer will proceed to Day 5, you will be contacted in the afternoon on Day 3 with the time to arrive for your embryo transfer on Day 5.

Ovarian Hyperstimulation Assessment Flow Sheet

Please Record the Following Every Day

Date						
Weight (kg)						
Fluid Intake over 24 hrs (cc/hr)						
Urine Output over 24 hrs (cc/hr)						
Shortness of breath						
Nausea						
Vomiting						
Diarrhea						
Constipation						
Appetite (poor / fair / good)						
Abdominal Girth (cm)						
Heartburn						

5. You may be asked to call the clinic daily
6. If you experience any of the following: increased tummy pain and/or swelling in your tummy, heartburn, nausea, vomiting, diarrhea, dry cough or a decrease in urine output, contact clinic immediately at (613) 686-3378.
7. **Clinic Nursing Hours:**

Monday to Friday	7:30am to 3:30pm
Weekends and statutory holidays	7:30am to 12:00pm
8. **Nurse Phone line:** **(613) 686-3378 ext. 617**
9. **IVF Team nurses:**
 - Dr Vause/Dr Shmorgun ext 108**
 - Dr Gale/Dr Kotarba ext 107**
 - Dr Haebe/Dr Jackson ext 105**
 - Dr Magee ext 610**
10. **After Hours:** Call **613-761-4000** and ask for the physician on call for IVF

Instructions for Embryo Transfer

Please have this sheet ready when the nurse calls with instructions. This phone call could be as late as 3:30pm, so please make sure you are available. The nurse will not leave a detailed message.

The day after your Egg Retrieval you will receive a call from a nurse to inform you when your Embryo Transfer will be.

Your Embryo Transfer Date: _____ **if DAY 3**

Your Embryo Transfer Date: _____ **if DAY 5**

Remember: If you're informed the Embryo Transfer will be on day 5, there is always a possibility you could get a call tomorrow to change it to day 3. **REMEMBER DAY OF EGG RETRIEVAL IS DAY 0.**

Provide a phone number for the Fertility Nurses to contact you if the Embryo Transfer needs to change to DAY 3.

The morning of your Embryo Transfer you will need to do the following:

1. Take your morning dose of Endometrin/Progesterone.
2. Bring 1 extra Endometrin/Prometrium, you will be taking this after your Embryo Transfer.
3. You and your partner can have a shower, wash your hair and wear deodorant. **NO SCENTED PRODUCTS FOR BOTH OF YOU.**
4. You may have breakfast.
5. You must start drinking fluids at least 1 hour before your appointment time **DRINK UNTIL YOUR BLADDER IS FULL. DO NOT EMPTY YOUR BLADDER.**
6. Further instructions will be given to you upon discharge from the clinic.