

## **EGG RETRIEVAL INFORMATION**

Your HCG injection is to be given at \_\_\_\_\_ p.m. on \_\_\_\_\_.

**Stop** using the Synarel nasal spray or Buserelin injection on the day of your hCG injection. On the day after your HCG injections you will be not have bloodwork or an ultrasound.

For the male: we recommend two to three days of abstinence from intercourse and not more than 5 days, before the egg retrieval.

## **THE NIGHT BEFORE YOUR EGG RETRIEVAL**

It is very important that your lower bowel is empty when the retrieval is done. If you have not been having bowel movements during the few days before retrieval, please take a laxative (e.g. Sennokot®) or a glycerine suppository.

Please remove nail polish and artificial nails as it interferes with the monitoring equipment we use during the egg retrieval.

## **THE DAY OF THE EGG RETRIEVAL**

You should have a light breakfast such as toast, cereal, juice, tea or coffee in the morning.

Please feel free to have a bath or shower before coming to the clinic. Do not wear any jewelry other than a wedding ring or medical alert item. Do not bring valuables to the clinic. You may wish to bring a pair of socks to keep your feet warm in the procedure room. As well, if you have a favorite music CD or wish to bring your MP3 player, please bring it along to play during the procedure.

Come to Genesis Fertility Centre at \_\_\_\_\_ on \_\_\_\_\_.

Before the procedure you will change into a gown and have an IV (intravenous) started. You partner is welcome to join you in the procedure room for the egg retrieval. He can collect his sample after the procedure. Please speak to a nurse if you would like to make other arrangements for collecting the sample.

Following the retrieval, you will be taken to the recovery room where you will stay for 30 to 60 minutes. You may have some light bleeding or spotting for one to two days after the retrieval. This is from the procedure; it is not a period. You may also feel some cramping. You may take Tylenol® to relieve this discomfort.

On discharge, you **MUST** be accompanied by your partner or another responsible person who may either drive you home or accompany you home in a taxi. Public transportation is not an option. Do not drive your vehicle within 24 hours of the procedure.

In the evening, take your first dose of Prometrium® (2 capsules inserted vaginally). Starting tomorrow, take the Prometrium® vaginally twice a day, 12 hours apart. Always use 2 capsules at a time.

## **EMBRYO TRANSFER**

Your embryo transfer is scheduled for \_\_\_\_\_.

The morning dosage of Prometrium® should be taken orally (not vaginally) **on this day only**. Resume vaginal use of Prometrium® in the evening.

You should arrive at Genesis with a full bladder to make the embryo transfer as easy as possible. Drink two to three cups of water in the hour before your transfer.

The embryo transfer is an easier procedure than egg retrieval. It is unlikely that you will require any medication. It is recommended that you limit your activity for the next few days. Remember, common sense is your best guide!

## **LUTEAL PHASE**

Please review the luteal phase information in your IVF booklet.

Continue to take the Prometrium® capsules each day until your period starts or you get the results of the pregnancy test.

If you have not started your period by the date written on your requisition, (about 17 days after the egg retrieval) take the requisition for the pregnancy test to the Lifelab laboratory closest to where you live. Please call Genesis Fertility Centre and speak to one of the nurses. It will take 1 to 2 days before we receive your pregnancy test result.

**We wish you good luck!**