



FERTILITY  
ASSOCIATES  
of MEMPHIS

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## PATIENT INSTRUCTIONS

### FOLLOWING IVF EGG RETRIEVAL

Upon discharge from the surgery center, someone must take you home and stay with you overnight. For the rest of the day, you cannot drive or exercise. You may eat and drink anything you wish but please do not drink alcohol. You can expect some light vaginal bleeding and lower abdominal discomfort for the rest of the day and even into the next day. You may bathe or shower tomorrow. If you experience :

- heavy vaginal bleeding,
- difficulty breathing,
- vomiting,
- abdominal distension,
- fever greater than 100 °F or
- difficulty with urination...

...please notify us (901-747-2229) immediately.

You will be taking the following medications after the retrieval procedure (*take only the checked medications*):

- \_\_\_ ASA (baby aspirin) 81mg. Take 1 tablet by mouth once a day.
- \_\_\_ Prenatal vitamin. Take 1 tablet by mouth once a day.
- \_\_\_ Metformin \_\_\_\_\_ mg tablets. Take \_\_\_\_\_ tablet(s) \_\_\_\_\_ times a day.
- \_\_\_ Progesterone \_\_\_\_\_ mg intramuscular (hip) injection every night beginning **tomorrow** night.
- \_\_\_ Crinone 8%. Apply one applicator of cream vaginally every night beginning **tomorrow** night.
- \_\_\_ Vivelle Dot 0.1 mg patch. Apply \_\_\_\_\_ patch(es) to skin and change every 3 days
- \_\_\_ Estrace 2 mg. Insert 1 tablet vaginally \_\_\_\_\_ time(s) a day.
- \_\_\_ Prednisone 20 mg. Take 3 tablets (all at once) once a day for 4 days.
- \_\_\_ Doxycycline 100 mg. Take 1 tablet twice a day for 4 days.
- \_\_\_ Heparin \_\_\_\_\_ units subcutaneous injection twice a day starting tonight
- \_\_\_ Tylenol #3 1 or 2 tablets by mouth every 3 hours for pain or cramping
- \_\_\_ Other:

Starting the day after retrieval, the embryologist will contact you regarding the progress of your embryos. You will also be given your embryo transfer date and time, as well as further instructions for transfer. For any other questions or concerns, please call 901-747-2229 to speak with a nurse.