

## After Your Egg Retrieval Without an Embryo Transfer

### *Self-care at home*

*This handout explains self-care after your egg retrieval when it does not include an embryo transfer. It includes what to do, what medicines to take, and when to call for help.*

### **For 24 Hours**

- Rest at home for the rest of the day.
- Have someone with you to help care for you.
- You received an *anesthetic* during your egg retrieval. This medicine helped you relax, but it may affect your judgment and ability to think for a short while. Because of this risk, during the next 24 hours, do **not**:
  - Drive
  - Use machinery or tools
  - Drink alcohol
  - Be responsible for the care of another person
  - Make important decisions or sign any legal documents
- You may resume your regular diet right away.
- You may shower as desired.



*Rest at home for the rest of the day after your egg retrieval.*

### **What to Expect**

- You may have light vaginal bleeding or spotting for 1 to 2 days after your procedure. This is normal. You may use pads or panty liners. Do **not** use tampons.
- You may have some pelvic pain after the retrieval. If you do, you may take 650 mg of acetaminophen (Tylenol and other brands). Keep

taking it every 4 to 6 hours as needed. If you need stronger pain relief, please call University Reproductive Care (URC).

- On the day after your retrieval, it is important to protect your ovaries:
  - Do **not** do any heavy exercise or high-impact activities such as running.
  - You may walk or do other light activities that you usually do.
- For 2 weeks after your retrieval, do **not** have sexual intercourse.

## Prescription Medicines

### Doxycycline

Take your 1st dose of doxycycline in the evening on the day of your retrieval. Take it 2 times a day for 5 days. Take this medicine with food. Take all of the medicine as prescribed until the bottle is empty.

### When to Call

**Weekdays between 8 a.m. and 5 p.m.:** Call URC at 206.598.4225.

**After hours and on weekends or holidays:** Call 206.598.6190 and ask for the URC provider on call to be paged.

- Call us if you have:
  - Heavy bleeding (soaking a full-sized sanitary pad with bright red blood in less than 1 hour)
  - Severe pain that is not eased by pain medicine
  - Nausea or vomiting that will not go away
  - Dizziness or lightheadedness
- You do not need to check your temperature unless you feel ill. Call the URC if you feel ill and have a fever higher than 100.4 F (38.3°C).
- **Call 911 right away** if you have:
  - Chest pain
  - Sudden, severe headache
  - Problems breathing or speaking
  - Weakness on one side of your body

### Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

University Reproductive Care:  
206.598.4225 weekdays  
between 8 a.m. and 5 p.m.

After hours and on weekends  
or holidays, call 206.598.6190  
and ask for the URC provider  
on call to be paged.

Website:

[http://depts.washington.edu/  
obgyn/URC](http://depts.washington.edu/obgyn/URC)