



After Your Egg Retrieval

Self-care at home

This handout gives guidelines about how to take care of yourself after your egg retrieval procedure. It includes information about activities, medicines, and when to call for help.

Guidelines to Follow

- Plan to rest quietly at home for the rest of the day. Have someone with you to help care for you.
- The sedation medicine you received during your egg retrieval may affect your judgment and thinking ability. Because of this, for the next 24 hours, do **not**:
 - Drive
 - Use machinery or tools
 - Sign any legal documents
 - Drink alcohol
 - Be responsible for the care of another person
- You may resume your regular diet right away.
- You may shower or bathe as desired.
- You may have slight 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. You may use acetaminophen (Tylenol and other brands) to relieve it.
- You also received a prescription pain medicine (Vicodin) to use if the acetaminophen does not relieve your pain. **If you take Vicodin, do NOT also take acetaminophen.** A Vicodin pill contains 500 mg of acetaminophen. Taking more than 4,000 mg of acetaminophen in a 24-hour period could cause serious health problems.

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- Do **not** take ibuprofen non-steroidal anti-inflammatory drugs (NSAIDs) for your pain. Two brands are Advil and Motrin.
- Do **not** have sexual intercourse for 2 weeks after your procedure.
- The day after your procedure, you may resume most of your regular activities. But do not do any vigorous activities or exercise. Avoiding vigorous activity will help protect your ovaries, which are bigger than normal from the IVF stimulation.

Medicines

Day of Egg Retrieval:

- **Doxycycline:** Take your 1st dose in the evening on the day of your retrieval. You will take this medicine twice a day with food for 5 days. It is important to take all of the medicine.
- **Medrol (Methylprednisolone), 16 mg:** Take your 1st dose in the evening on the day of your retrieval. You will take this medicine once a day with food for 5 days. It is important to take all of the medicine. It is common for this medicine to cause some facial flushing or redness. This is not a cause for concern.

Day After Retrieval:

- **Crinone 8% Gel (Progesterone):** Insert 1 applicator-full into your vagina every morning.

Note: On the day of your embryo transfer, you will **not** use this medicine in the morning. We will ask you to bring 1 dose with you to the clinic instead.

- You will continue to use this medicine until your pregnancy test. If this test is positive, you will keep using Crinone daily until your 10th week of pregnancy.

3 Days After Retrieval:

- **Estrace (Estradiol), 2 mg:** Take 1 tablet by mouth 3 times a day. You may take this medicine with or without food. You will take this medicine until your 10th week of pregnancy.

Questions?

Your questions are important. Call your doctor or other UWMC health care 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 doctor on call to be paged.

Website:
<http://depts.washington.edu/obgyn/URC>

When to Call for Help

Weekdays between 8 a.m. and 5 p.m.: Call University Reproductive Care (URC) at 206-598-4225.

After hours and on weekends or holidays: Call 206-598-6190 and ask for the URC doctor on call to be paged.

- Call for help if you have any of these symptoms:
 - Heavy bleeding – soaking a full-sized sanitary pad with bright red blood in less than 1 hour
 - Severe pain that is not relieved by prescription pain medicine
 - Nausea or vomiting that will not go away
 - Fever greater than 101°F (38.3°C)
 - Dizziness or lightheadedness
- **Call 9-1-1 right away if you have any of these severe symptoms:**
 - Chest pain
 - Sudden, severe headache
 - Difficulty breathing
 - Weakness on one side of your body
 - Difficulty speaking

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