Embryo Transfer

Instructions to follow

On the Day of Your Embryo Transfer

- **Do NOT insert your morning dose of Crinone.** Please bring it with you to your embryo transfer appointment. You will be asked to insert the Crinone 15 minutes after your transfer.

- To reduce anxiety and help you relax during your embryo transfer, please take your prescribed dose of Valium (diazepam) by mouth 1 hour before your appointment time. Because this medicine affects your ability to drive, you will need to have someone drive you to and from your appointment.

- You may eat and drink as usual on the day of your embryo transfer.

- You will need to have a full bladder for the procedure. You should drink at least 4 to 5 glasses of fluid starting 1 hour before you arrive for your appointment.

- Shower or bathe as usual.

- **Do not** wear any scented products such as hair gel, cologne, or lotion.

- Plan to arrive 30 minutes before your scheduled transfer time.

- Bring a photo ID with you.

- Check in at the Women’s Health Care Center on the 3rd floor at 4245 Roosevelt Way NE, Seattle. A staff member will meet you and take you to the 1st floor procedure area.

**In the Procedure Area**

- You will be asked to change into a patient gown, head cover, and foot covers. Bring socks to keep your feet warm. You will have an identification band placed around your wrist.
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 Gynecologist on call to be paged.

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

- Your husband or partner is welcome to be in the procedure room with you during the transfer. They will be asked to change in to “scrub” clothes (the type of clothes your health care providers will be wearing). Only 1 person may be with you during your transfer.

- We will talk with you about the status of your embryos to help you decide how many embryos to transfer and how many to cryopreserve (freeze), if you choose this option. You will be asked to sign a document with your decisions noted on it.

- Anesthesia (medicine to block pain) is not needed for the embryo transfer. The embryo transfer is not painful.

Right After Your Transfer

- After the transfer, you will be moved to a gurney (a cot on wheels) and taken back to the pre-op/post-op area to rest flat on your back for 15 minutes.

- At the end of your rest period, insert your Crinone into your vagina. After you do this, you may get dressed and be driven home.

At Home

- Plan to rest quietly at home for the rest of the day. Do not plan any vigorous or stressful activities.

- Do not plan to return to work on the day of your embryo transfer.

- Keep taking your Doxycycline, Methylprednisolone, and Estradiol as prescribed.

In the Days that Follow

- Do not have sexual intercourse for 2 weeks after your embryo transfer.

- Please have your blood drawn for a pregnancy test 2 weeks after your egg retrieval or 9 days after your embryo transfer. You should have your blood drawn in the morning. You will receive a call in the afternoon with the results and more instructions.

- You will continue your Crinone and Estradiol until the 10th week of pregnancy. Please keep track of your medicine supply so you do not run out. You have refills available at the UW Pharmacy at Roosevelt.