After Your Egg Retrieval

Self-care at home

This handout explains self-care after your egg retrieval. It includes what to do, what medicines to take, and when to call for help.

At Home

Rest at home for the rest of the day. Have someone with you to help care for you. You may eat as usual. You may shower as desired.

For Your Safety

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 while. For your safety, for the next 24 hours:

- Do not drive.
- Do not use machinery or tools.
- Do not sign any legal documents or make important decisions.
- Do not drink alcohol.
- Do not be responsible for children, pets, or an adult who needs care.

What to Expect After the Procedure

- It is normal to have light vaginal bleeding or spotting for 1 to 2 days. You may use pads or panty liners. Do not use tampons.

- You may have some pelvic pain. If you do, you may take 650 mg of acetaminophen (Tylenol). 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, protect your ovaries:
  - Do not do any heavy 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

- If you are planning a fresh transfer, take this progesterone medicine as prescribed:

- If needed, here are the names of other medicines for you to take:

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:
Call 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 to page the URC provider on call.

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