

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.



Scan with your phone camera for a digital copy of this handout.

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 to help you relax. This may affect your judgment and ability to think clearly 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.



Rest at home for 24 hours after your egg retrieval.

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 the Center for Reproductive Health and Fertility (CRHF).
- 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 the CRHF at 206.598.4225.

After hours and on weekends or holidays: Call 206.598.6190 and ask for the CRHF 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 sick. Call the CRHF 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 healthcare provider if you have questions or concerns.

Center for Reproductive Health and Fertility:

Weekdays between 8 am – 5 pm:
Call 206.598.4225

After hours, weekends, and holidays:
Call 206.598.6190 and ask to page the CRHF provider on call.

Website:

uwmedicine.org/specialties/obstetrics-gynecology/fertility-care