

Embryo Transfer

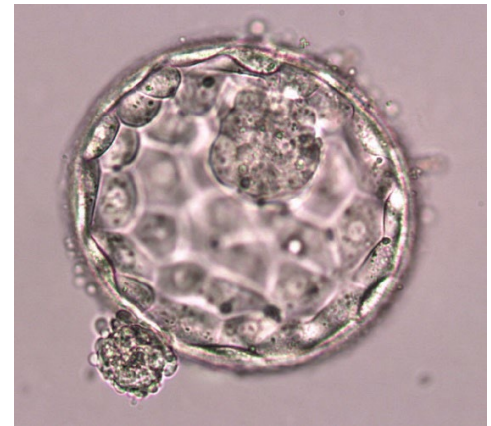
Steps to follow before and after

This handout explains what to do on the day of your embryo transfer and in the 2 weeks afterward.

On the Day of Your Embryo Transfer

At Home

- Eat and drink as usual.
- Shower as usual.
- Do **not** wear any scented products such as hair gel, cologne, powder, or lotion.
- Your bladder will need to be full for the procedure. Starting 1 hour before your appointment time, drink at least 4 to 5 glasses of fluid.



Embryo viewed with a microscope

What to Bring

- A photo ID
- Socks to keep your feet warm during the procedure

At the Clinic

- Arrive at the clinic **15 minutes before** your appointment time.
- Check in at University Reproductive Care (URC), on the 3rd floor.
- After you check in, a staff member will meet you and take you to our procedure area on the 1st floor.

In the Procedure Area

- You will change into a patient gown, head cover, and foot covers. You may put on socks if you brought them.
- Your partner or 1 support person may be in the procedure room with you during the transfer. We will ask this person to put on “scrubs.” These are same clothes your care providers wear.

- You do not need *anesthesia* (medicine to block pain) for the embryo transfer. The process is not painful, but it can cause discomfort.
- Your provider will place a speculum to view your cervix.
- Your embryo transfer will be guided by ultrasound. Most commonly it is an abdominal ultrasound.
- Your provider will guide a thin, flexible catheter through the cervix to reach the upper uterus. They will then release the embryo into your uterus.

At Home

- You may return to work the day of, or after your embryo transfer.
- Keep taking the progesterone medicine as prescribed.
- If you were prescribed estradiol, take this as prescribed.

In the Days After Your Embryo Transfer

- Do not have penetrative sexual intercourse or orgasm for 2 days after your embryo transfer. For example, if your embryo transfer is on a Monday, you can next have penetrative sexual intercourse and/or orgasm on Thursday.
- You will need to have your blood drawn for a pregnancy test. The timing of this blood draw depends on the type of embryo transfer you had. You must have this blood test:
 - 12 days after a day 3 (*cleavage stage*) embryo transfer
 - 10 days after a day 5 (*blastocyst stage*) embryo transfer
- Have your blood drawn in the morning. You will be notified in the afternoon with the results and more instructions.
- If your blood test shows that you are pregnant:
 - For a fresh embryo transfer, keep using your progesterone as prescribed until you reach 8 weeks gestation.
 - For a frozen embryo transfer, keep using your progesterone and estradiol as prescribed until you reach 10 weeks gestation.
 - Please keep track of your medicine supply so you do not run out.

Questions?

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

University Reproductive Care (URC): 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>