

Fresh Embryo Transfer

Steps to follow before and after

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

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



*Scan for a
digital copy of
this handout.*

On the Day of Your Fresh 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.
- You can bring **1 person** to your appointment with you.

At the Clinic

- Arrive at the clinic **15 minutes before** your appointment time.
- Check in at Center for Reproductive Health and Fertility (CRHF), on the 3rd floor.
- After you check in, a staff member will help you go to our procedure area.



Talk with your CRHF provider if you have any questions about your embryo transfer.

In the Procedure Area

- You will change into a patient gown, head cover, and foot covers.
- Your partner or support person may be in the procedure room with you during the transfer. We will ask this person to put on *scrubs*. These are the same clothes your care providers wear.
- You do not need *anesthesia* (medicine to block pain) for the embryo transfer. The process may be uncomfortable, but it is not painful.
- Your provider will gently place a speculum in your vagina to view your cervix.
- Your embryo transfer will be guided by ultrasound. This is usually an abdominal ultrasound.
- Your provider will guide a thin, flexible catheter (tube) through your cervix to reach the upper uterus. They will then release the embryo into your uterus.

When You Go Home

- You may go back to work after your embryo transfer.
- Keep taking your 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. We will contact you in the afternoon with the results and more instructions.
- If your blood test shows that you are pregnant:
 - Keep using progesterone as prescribed until your 8th week of pregnancy.
 - Please keep track of your medicine supply so you do not run out.

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