

## IVF Egg Retrieval

### *How to prepare and what to expect*

*This handout explains how to prepare and what to expect on the day of your in vitro fertilization (IVF) egg retrieval.*

### After Your Ovulation Trigger

- On the morning after your ovulation trigger shot, have your blood drawn **before 9 a.m.**
  - If it is a weekday, go to the Roosevelt Clinic lab (4245 Roosevelt Way N.E.) or the hospital lab (1959 N.E. Pacific Street).
  - If it is a weekend, you **MUST** go to the hospital lab.



*Your egg retrieval will be done at University Reproductive Care.*

- University Reproductive Care (URC) staff will call you if there are any concerns with your lab results.
- **After 12 midnight on the day before your egg retrieval**, do **NOT** eat or drink anything. This includes chewing gum, breath mints, and hard candy.

### Day of Your Egg Retrieval

#### At Home

- Do **NOT** eat or drink anything on the morning of your egg retrieval. You may brush your teeth, but do **not** swallow any water.
- If you usually take medicines in the morning, you will receive instructions about when to take them. You may need to wait to take them until after your retrieval.
- Shower or bathe as usual.

- Do **not** use any scented products such as hair gel, cologne, soap, body powder, or lotion.
- Bring these items with you to your appointment:
  - A photo ID.
  - Socks to keep your feet warm during the retrieval.
  - Your partner or another support person. You may bring **only 1 person** with you to this appointment.

### Your Retrieval Appointment

- You will need to arrive early for your scheduled egg retrieval. URC staff will give you a check-in time.
- Check in at URC on the 3rd floor at 4245 Roosevelt Way N.E. A staff member will meet you and take you to the 1st floor procedure area.
- **Be on time for your appointment!** A delay in the procedure could harm your egg retrieval.
- If you are using:
  - Fresh sperm from your partner, he should bring a photo ID and collect a semen sample on site during your procedure.
  - Donor sperm or frozen sperm from your partner, it will be thawed the day of your retrieval.

### Before Your Retrieval

- You will get ready in the pre-op/post-op room. This room is across the hall from the procedure room.
- You will change into a patient gown, head cover, and foot covers. You will be able to wear the socks you brought under the foot covers. We will place an ID band on your wrist.
- A doctor will talk with you about what to expect during and after the procedure. This is a good time to ask any questions you may still have.
- You will talk with an *anesthesiologist*, the doctor who will give you the anesthesia (medicine that blocks pain).
- We will start an *intravenous* line (IV). This will be used to deliver the anesthesia into your bloodstream.
- At the scheduled time, we will take you to the procedure room.

- To make sure conditions are sterile and safe, your partner or support person may not go with you into the procedure room. This person will be asked to wait in the 1st floor lobby area (near the lab and pharmacy) during your retrieval.

## After Your Retrieval

- You will be taken back to the pre-op/post-op room. You will stay here while you recover from the retrieval. A nurse will help you with recovery and will check to make sure everything is going well.
- You will feel groggy until the anesthesia wears off. Recovery takes about 45 to 60 minutes. After you are feeling more alert, your support person can drive you home. You can also take a bus or a taxi, as long as your support person is with you.
- Before you leave, we will tell you how many eggs were retrieved.

### Questions?

Your questions are important. Call your doctor or other UWMC 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 for the URC provider on call to be paged.

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