

# 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.*



*Scan for a  
digital copy of  
this handout.*

## After Your Ovulation Trigger

On the morning after your ovulation trigger shot you will do a home pregnancy test and/or an ovulation predictor kit test.

- Do the home pregnancy test before noon.
- Do the ovulation predictor kit test with the second urine (pee) before noon.
  - For both test types, a faint positive is acceptable.
- Tell your care team about your test results. If you do not get a positive on one or both tests, your provider will give you directions for the next steps. Some patients may need to have a blood draw on the day after the ovulation trigger shot.

**After 12 midnight on the day of your egg retrieval, do NOT** eat or drink anything unless specifically advised otherwise. 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 your partner or another support person. You may bring **only 1 person** with you to this appointment.

### Your Retrieval Appointment

- CRHF staff will give you a check-in time that is earlier than your procedure. Please arrive at that exact time.
- Check in at CRHF 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.
- If your egg retrieval is at Montlake hospital, you will be directed where to check in.

- **Be on time for your appointment!** A delay in the procedure could harm your egg retrieval.
- Total time at the clinic is usually 2 hours.
- If you are using:
  - Fresh sperm from your partner, they 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. 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. You **cannot** drive yourself home or take public transportation without a support person with you.

### Questions?

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

#### Center for Reproductive Health and Fertility:

**Weekdays 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.