

# On the Day of Your 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.*

### 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.



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

### 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 direct you to our procedure area.

### 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.



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of this handout.

## When You Go Home

- You may go back to work after your embryo transfer.
- If you were prescribed **progesterone**, take this as prescribed.
- If you were prescribed **estradiol**, take this as prescribed.

## In the Days After Your Embryo Transfer

### Safety Instructions

- 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 may continue your regular physical activity and exercise, just avoid hits to your abdomen such as in contact sports.

### Pregnancy Test

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:**

- **If you had a programmed FET:** Keep using progesterone and estradiol as prescribed until your 10th week of pregnancy in a programmed FET.
- **If you had a fresh embryo transfer or a modified natural FET:** keep using progesterone as prescribed until your 8th week of pregnancy.

Please keep track of your medicine supply so you do not run out. Talk with your care team if you have any questions about your medications.

## Questions?

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

**Center for Reproductive Health and Fertility:** 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 CRHF provider on call to be paged.
- Website: [uwmedicine.org/specialties/obstetrics-gynecology/fertility-care](http://uwmedicine.org/specialties/obstetrics-gynecology/fertility-care)