



FERTILITY
ASSOCIATES
of MEMPHIS

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INSTRUCTIONS FOLLOWING EMBRYO TRANSFER

Upon discharge following your embryo transfer, you should stay at home in a reclined or flat position for 72 hrs. During this time you may roll from side to side, sit up to eat, use the bathroom and shower but nothing more strenuous. After 72 hrs, you can resume normal activities. Be aware of your body temperature. Do not sit in a hot bath or hot tub although a hot shower is fine. If you believe you have a fever, take your temperature if you can. If your temperature is greater than 100°F (or greater than 38.5°C), take two (2) Tylenol with a glass of water and call our office.

You will need a progesterone and estradiol blood test on: _____.

Your IVF nurse will call you with results and inform you of any changes if necessary.

You will need a pregnancy blood test (quantitative β hCG) on: _____.

If you are pregnant, continue all medications including your progesterone in oil and any estrogen supplements. You will return in 2 days for a repeat quantitative β hCG test. You will also start the progesterone suppositories by inserting one suppository into your vagina in the morning followed by one in the evening. Your first ultrasound is usually scheduled 14-21 days following your pregnancy test. You will usually be scheduled for one or more follow up ultrasounds.

You will receive your IVF summary sheet when you come in for your pregnancy test. This sheet will summarize the outcome of your eggs and embryos during your IVF cycle. It will indicate if there were embryos available to cryopreserve (freeze).

If you are not pregnant, you will be instructed to discontinue all your medications, which will initiate the onset of your period. If your menses does not begin within 3 days, contact your nurse. If you would like to discuss your cycle or have any questions about the outcome, your doctor will be happy to see you and your spouse in consultation in the office. Your IVF nurse will help you schedule this appointment.