

Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics



Pre and Post-Egg Retrieval Patient Instructions

Pre-Egg Retrieval:

Please have nothing to eat or drink starting from midnight the night before the egg retrieval. An empty stomach decreases the rare incidence of nausea and vomiting following administration of IV anesthesia. You may brush your teeth in the morning. Wear loose fitting clothing on the day of the retrieval. Please do not wear makeup or jewelry. You will need someone to drive you home from the office after the egg retrieval due to the IV sedation and we recommend that your designated caregiver remain with you for the rest of the day following the egg retrieval.

Post-Egg Retrieval

General Complaints:

You may be tired throughout the day of your procedure. You may also experience abdominal/pelvic cramping and mild discomfort.

Diet:

Please use good common sense when deciding what to eat after your surgery. If you are nauseated, consume only liquids you can see light pass through (clear liquids). Advance your diet as quickly as you like but go back to clear liquids should nausea return.

Activities:

The type and amount of activity tolerated after and egg retrieval will vary from person to person. You should wait at least 24 hours before performing any tasks that require your full mental abilities (i.e., operating a motor vehicle, signing important documents). You may shower within the first 24 hours while swimming and taking a bath is usually allowed the day following surgery. We suggest that you drive only when you have returned to a normal level of physical activity, usually the day after the procedure. You should avoid heavy lifting or pushing for 2-3 days following the procedure.

Sexual Intercourse:

Keep in mind that the ovaries will often be enlarged and that intercourse may be somewhat uncomfortable. We therefore recommend that you avoid vaginal penetration for 2-3 days following the procedure to reduce the chance of pain. The ovaries will generally return to their normal size within 7-10 days although they may remain enlarged for a longer period of time should you conceive.

Pain:

General IVF patients do not usually experience enough pain to warrant a narcotic although these can be prescribed for a brief time following the procedure keeping in mind that we usually try to minimize narcotic use close to the time of embryo transfer. Egg Donors, who will not have any embryos transferred into their uterus, are commonly given a narcotic prescription for pain. Do not hesitate to take this medication. Please do not mix

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the prescribed medication with the over-the-counter medications, alcohol or other depressant medications. You should not drive a motor vehicle or operate dangerous equipment while using a strong pain medication. The pain may also be controlled with the use of Extra Strength Tylenol, 2 every 4-6 hours as needed.

Vaginal Bleeding and Vaginal Discharge:

You should use a sanitary napkin/pad for the first two to three days and then a tampon for vaginal bleeding. If your bleeding requires you to change your pad or tampon more rapidly than every 30-45 minutes over four consecutive hours, please contact your physician. Egg donors will usually get their period within two weeks of the procedure and the flow will often be heavy because of the heightened hormone levels.

Other Medications:

If you were on other important medications prior to the surgery, they may be resumed within 24 hours of the procedure.

Travel:

As with any surgery, it is generally suggested that you not leave the area during the two-week post-operative period. While the actual complication rate of this procedure is minimal, it is really ideal to be near your physician should difficulties arise. If complications are to occur from the egg retrieval itself (<1% chance) itself, they usually do so within the first 24-48 hours.

When to Call:

- Fever of over 100.4 °F taken twice at least four hours apart
- Pain that does not improve with time, pelvic rest or medication
- Heavy vaginal bleeding
- Unremitting nausea/vomiting
- Unusual lightheadedness, weakness or fainting episodes
- Pain in the shoulder area
- Severe abdominal bloating
- Weight gain of five pounds in a single day or ten pounds total
- Problems with the pain medications

Summary Comments:

The office generally makes an effort to contact you within 24 hours of the surgery. However, emergencies arise and this phone call may not be able to be made. If you do not get a phone call the day following your surgery, please contact the office on the next day and let us know how you are feeling. This information sheet may not answer all of your particular questions. Please contact the office if other concerns arise. The most important point to remember is to use good common sense during the recovery period.

Remember to call us with any specific problems.

However, if you are having a true medical emergency, please call 911.

_____/____/____ _____/____/____
Patient Name (signature) Date Nurse Date

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