

# 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.

### **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 the prescribed medication with the over-the-counter medications, alcohol or other depressant medications.

