

## Embryo Transfer Instructions

The embryo transfer will be done 2-5 days after the egg retrieval. The day following retrieval – this is Day 1 - an embryologist will call (usually late a.m. or early p.m.) with your fertilization report. The embryologist will continue to call daily with updates on your embryos development, except on Day 4 when no one disturbs the embryos. Our office also receives daily reports and will schedule the time for the embryo transfer by your physician. You need to arrive to ARTS 30 minutes prior to your scheduled embryo transfer. You will **NOT** have an IV; and sedation or pain medication is not necessary. Your physician will place the embryos into the uterine cavity with a small, flexible catheter. You will remain at bedrest for 30 minutes and then go home to relax until the following morning. You may resume your routine activities, including work, the following morning.

If your physician has ordered Heparin injections (given twice daily) and/or aspirin, 81 mg, daily, they will begin the day after egg retrieval. Please call if you need any further instructions or have any questions.

We ask that you continue to restrict your activities. No exercise, except you may walk 30 minutes each day (regular walking). No intercourse, douching, or tampons, straining or heavy lifting.

The day after embryo transfer you may shower (no bath tubs) and you may return to work without stressful activity.

Please call our office after the embryo transfer to schedule your pregnancy test. This will be 14 days after the egg retrieval. The pregnancy test is a blood test drawn in the a.m., between 8:00 and 10:00 a.m. with results called to you the same afternoon, usually between 3:30 and 5:00 p.m.

Positive pregnancy tests are repeated in 48 hours. The first level will double, which tells us that the early pregnancy is progressing normally. We then schedule a sonogram in our office in 3 weeks. We will view the pregnancy, fetus and should see a heartbeat. This is usually when we let you graduate and return to your OB for the remainder of your wonderful pregnancy.

Your physician will give you a date to stop your progesterone and/or any other medications.