

PREOP IVF INSTRUCTIONS

- Nothing by mouth after _____
- Wear comfortable clothing
- Leave jewelry, watch, extra bracelets, rings at home. You can wear your wedding set and contacts and/or glasses (please bring cases for these)
- No aerosols: i.e. hairspray, perfume, spray deodorant, or lotions
- You can bring socks to wear in the procedure rm. for IVF
- Bring a pantiliner with you; there may be some vaginal spotting
- _____ Arrival time: IVF: 30 min. prior to procedure
- _____ Semen collection: IVF: collect during wife's egg retrieval
- You will need a driver for the trip home

MEDICATIONS

- _____ Start antibiotic (Doxycycline) with first dose after the egg retrieval; take one pill twice a day until gone (lunch and bedtime are best)
 - _____ Start steroid, methylprednisolone (Medrol) at bedtime on the day of the egg retrieval; take _____ each bedtime until gone (total dose to be 48 mg./night)
 - _____ Start progesterone 2 days after the egg retrieval/GIFT (counting the procedure day as day 0); one applicator of Crinone at same time each day AND progesterone tablets (one under your tongue three times a day) until pregnancy test.
- DO NOT TAKE ASPIRIN OR IBUPROFEN FOR CRAMPING/PAIN

ACTIVITIES

- Please let us know what type of work you do outside the home so that we can tailor the plan to the type of activity you need to do
- You are to be in bed the day of your egg retrieval except for going to the bathroom
- You are to **weigh daily**; same time, same scale for the 2 wks. until your pregnancy test
- The next day you can shower and be up to eat; be resting most of the time
- The next day you can be up and about; rest when you feel like it; some return to light work duties this day. Avoid vacuuming, heavy lifting, jumping/aerobics
- _____ If you are having IVF, your embryo transfer occurs on the third fifth day. This day is to be spent in bed except for going to the bathroom The day after embryo transfer, you can be up and about more, gradually resuming activities and returning to work
- Sexual intercourse may be uncomfortable due to your enlarged ovaries; we recommend pelvic rest for 2 weeks. Nothing in the vagina except the Crinone.
- _____ Serum pregnancy test 2 wks. after egg retrieval