

THIS INFORMATION IS FOR OUR PATIENTS ONLY.

The Center for Reproduction & Women's Health Care
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Phone 713-790-9900

DISCHARGE INSTRUCTION POST EMBRYO TRANSFER

GENERAL:

Call the IVF Coordinator at 713-790-9900 for:

- 1. Temperature over 101° or chilling.**
- 2. White vaginal discharge and itching or foul smelling vaginal discharge.**
- 3. Heavy Bleeding - more than 1-2 pads per hour.**
- 4. Shortness or breath, decreased urinary output, dizziness, weight gain greater than 5 pounds in a 24 hour period - Please weigh daily if you have concerns of retaining fluids.**

SPECIFIC INSTRUCTIONS:

- 1. Please refer to your “Discharge Instructions Post Oocyte Retrieval” form for medication instructions**
- 2. Bed rest except to use the bathroom for 3 days after you arrive home.**
- 3. No smoking, alcohol or drugs other than those prescribed by the IVF Program. Check with the coordinator if it is necessary to take any other medication for a medical problem that occurs. (Note: Some drugs are embryotoxic. Tylenol is acceptable for pain relief.)**
- 4. Diet as desired.**
- 5. Activity level:
No Aerobics, running, jogging, horseback riding or strenuous activities until after your pregnancy test. (Note: Walking or swimming is good exercise.)**
- 6. Use pads - No tampons.**
- 7. Do not douche.**
- 8. Do not take tub bath for 48 hours - showers are acceptable.**
- 9. Please refrain from intercourse until after your pregnancy test or menses begin.**
- 10. Schedule to come in for Pregnancy test on _____. (date)**

COMMON OCCURRENCES AFTER EMBRYO TRANSFER

1. You may experience constipation, which can cause rectal pain or pressure, though straining cannot adversely affect embryo implantation.
2. You may notice a clear, foul-smelling vaginal discharge; this is common. Some patients, however, are highly susceptible to vaginal infections. If you notice symptoms, please call our office.
3. You may have some vaginal bleeding or brown discharge for a variable duration. The bleeding should not be heavier than a menstrual period. Do not hesitate to call with concerns regarding bleeding.

POSSIBLE SIDE EFFECTS

Remember that IVF can cause symptoms of pregnancy, which may include: swollen and tender breasts, bloated stomach, and possibly some nausea. **THIS IS NORMAL.** Also, treatment may affect the onset of your next menstrual cycle. It is possible that you may not start your menses until the day of your pregnancy test.

Person giving instructions: _____

Patient Signature: _____

Date: _____