

**THIS INFORMATION IS FOR OUR PATIENTS ONLY**

The Center for Reproduction & Women's Health Care

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Phone 713-790-9900

**DISCHARGE INSTRUCTIONS POST OOCYTE RETRIEVAL**

**GENERAL INSTRUCTIONS:**

Call the IVF Coordinator at 713-790-9900 during business hours or if after 5 pm or on weekends, page Dr. Mac or the nurse on call for:

1. Temperature over 101° or severe chilling.
2. Persistent nausea or vomiting.
3. Heavy bleeding - more than 1-2 pads per hour.
4. Severe pain - not relieved by oral medication.
5. Foul smelling vaginal discharge.

**SPECIFIC INSTRUCTIONS:**

1. Use pads - No tampons.
2. Do NOT douche.
3. Do NOT bathe for 48 hours, showers are acceptable.
4. NO intercourse for 2 1/2 weeks.

**MEDICATION INSTRUCTIONS:**

1. Start progesterone vaginal capsules 200 mg twice a day on \_\_\_\_\_(date).
2. Start progesterone in oil 50 mg intramuscularly each evening on \_\_\_\_\_.
3. Continue progesterone daily until instructed to stop.
4. Start Medrol 8 mg orally twice a day on \_\_\_\_\_and continue for 7 days.
5. Start Lovenox 30 mg subcutaneously daily 2 days after egg retrieval and continue until advised to stop.
6. Start Estrace 2 mg/day 2 days after embryo transfer.
7. Continue other medications as recommended.

Call the IVF Coordinator, Fatima Albarran to report any problems at 713-790-9900.

I have read and discussed the above instructions with the nurse/doctor and I understand them.

\_\_\_\_\_  
PERSON GIVING INSTRUCTIONS

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PATIENT'S SIGNATURE

\_\_\_\_\_  
RESPONSIBLE ADULT