

Island Reproductive Services
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IVF Post Egg Retrieval Instructions

Following the egg retrieval, you should rest at home for the remainder of the day. You may eat or drink whatever you want. You should avoid strenuous exercise and intercourse at this time. You may go up and down stairs. Tylenol may be taken for any discomfort. You may shower in the morning after the egg retrieval.

You may experience some spotting or vaginal bleeding after the retrieval. This should stop within 24 hours and should be less than a menstrual period. If this bleeding does not stop or decrease within 24 hours you should contact our office.

You may experience some lower abdominal discomfort or vaginal discomfort related to the procedure, but this should improve each day.

You may experience nausea after the procedure as a result of anesthesia.

You should contact the office if you have any problems such as fevers, infections, bladder difficulties, heavy bleeding, unusual or severe pain.

Medication Instructions for the Day of the Egg Retrieval:

1. Continue your Doxycycline 100 mg - 1 pill twice daily until the pills are finished (14 total pills). Take these pills the day of the egg retrieval when you get home.
2. If you were taking a medicine called Dostinex (cabergoline) then also take this the day of the egg retrieval and daily until completed (usually 8 total days).

Medication Instructions Beginning the Morning After the Egg Retrieval:

1. Continue your Doxycycline as directed above
2. Begin Medrol 8 mg (methylprednisolone) - 1 tablet in the AM and 1 tablet in the PM with meals for a total of 7 days until finished
3. Begin Prometrium 200 mg - 1 tablet in the AM and 1 tablet in the PM. Do not stop this pill. You will continue this even in early pregnancy. Some women may be instructed to take 2 pills in the AM and 2 pills in the PM.
4. Begin your vaginal progesterone – either Crinone 8% or Endometrin. Take one dose twice daily unless instructed differently. Do not stop this vaginal medicine. You will continue this even in early pregnancy.
5. Estradiol (Estrace) - some women may be instructed to begin this pill as well. If you are specifically instructed to do so then you will be given a dose, usually either 1 or 2 pills twice daily.