

Island Reproductive Services
www.islandreproductive.com
Eric Knochenhauer, MD
Michael Traub, MD

1110 South Avenue Suite 305
Staten Island, NY 10314
Phone (718) 761-6000
Fax (718) 761-6066

IVF Laboratory
3000 Hadley Road Suite 2C
South Plainfield, NJ 07080
Phone (908) 412-9909

IVF Pre-Retrieval Instructions

In consultation with your physician, who has reviewed the stimulation results (follicle number, follicle size, and hormone response) that have accumulated over the course of your treatment, the decision has been made to trigger (release the eggs) for your egg retrieval. Therefore, your instructions are as follows:

1. Take your “trigger shot”- Novarel (hCG), also called human chorionic gonadotropin, 10,000 units **SC** exactly at the prescribed date and time:
 - i. Place 1 cc (same as 1 mL) of the liquid into the powder, discard the extra liquid, and inject the entire dissolved powder at the precise time instructed.
 - ii. The night before you take the injection, have your partner ejaculate so the sperm produced on the day of the retrieval will have optimal quality. Your partner should not ejaculate again until he produces a sperm sample on the day of retrieval.
2. The night before your egg retrieval, begin your antibiotic pills: Doxycycline. Take 1 pill the night before retrieval. Then restart this medicine **after** the egg retrieval and take 1 pill twice daily until finished.
3. The day after taking your hCG shot you will not inject any medication. You should not have anything to eat or drink after midnight the night before or the morning of egg retrieval. You may brush your teeth in the morning, but do not swallow water. You and your partner may wear deodorant but no perfume, cologne, powder or lotion. Leave one fingernail free of polish and do not wear jewelry or contact lenses.
4. Plan to **arrive 30 minutes prior** to the time of your egg retrieval! Please be prompt as you will be meeting with anesthesia and nursing before the retrieval. Bring a pair of thick socks for the operating room.
5. Your partner will need to produce a sperm sample the morning of the retrieval. It will take the laboratory 1 hour to process the sample. Your partner should not leave the building until he has been told by the laboratory that the processed sample is adequate. He may be asked to produce another sample by the laboratory if it is not.
6. Since you will have anesthesia, you will need someone to drive you home and stay with you after your retrieval.