

**Island Reproductive Services**  
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**POST EGG RETRIEVAL INSTRUCTIONS WITH FRESH TRANSFER**

Following the egg retrieval, you should rest 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 walk up and down stairs. Tylenol may be taken for any discomfort. You may shower in the morning after the egg retrieval. You should contact the office if you have any problems such as fevers, infections, bladder difficulties, heavy bleeding, unusual or severe pain.

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. No intercourse for 2 weeks after egg retrieval.

**Medication Instructions After the Egg Retrieval:**

1. Continue your Zithromax (or prescribed antibiotic) 1 pill daily until the pills are finished (5 total pills). Take this pill the day of the egg retrieval when you get home.
2. If you were taking a medicine called Dostinex (cabergoline) then also take this after the egg retrieval and daily until completed (usually 7 total days).

**Medication Instructions Beginning 2 days After the Egg Retrieval in the Morning:**

1. Continue your Zithromax as directed above.
2. Begin Prednisone 5 mg – 1 tablet daily and continue until instructed to stop.
3. Begin Progesterone:
  - A. Prometrium 200 mg – 1 tablet in the AM and 1 tablet in the PM. Take the first tablet at home and do not drive a car immediately after, as this medication may cause dizziness. 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. Begin your vaginal progesterone – Crinone 8%. Take one dose daily unless instructed differently. Do not stop this vaginal medicine. You will continue this even in early pregnancy.

OR

- B. Progesterone 50 mg (1 ml) IM injection once daily.
4. 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, \_\_\_\_\_ pills \_\_\_\_\_ times daily.