

## IVF PATIENT INSTRUCTIONS

### A. General Recommendations for Wife

You will be asked to comply with the following restrictions during treatment:

1. **MEDICATIONS:** You should take Folate (folic acid), 0.4 mg or 400 mcg daily, a vitamin which can be purchased over-the-counter individually, or as a component in a multi-vitamin. Folate is believed to decrease the risk of some birth defects involving the spinal cord. Ideally, Folate should be initiated 1 month prior to the start of the IVF cycle. No other medications should be taken during an IVF cycle except those prescribed or approved by your physician, or Tylenol as needed for minor aches and pains.
2. **SMOKING:** Forbidden
3. **ALCOHOL:** Please refrain from alcohol consumption, starting from the time of ovarian stimulation.
4. **CAFFEINE:** Only 1 to 2 caffeine beverages per day.
5. **DIET:** regular.
6. **INTERCOURSE:** In general, you will be asked to refrain 2 days prior to egg retrieval and until pregnancy determination following embryo replacement. If a male factor is present, abstinence of up to 4-5 days is adequate.
7. **EXERCISE:** Please limit your exercise during an IVF cycle. Your normal exercise routine may usually be continued unless enlargement of your ovaries produces discomfort.

### B. General Recommendations for Husband

1. **MEDICATIONS:** Please report medications ingested during the 3 months prior to and during your treatment cycle if different than those medications reported (on questionnaire) at the time of your IVF consultation.
2. **HEAT:** Extensive exposure to hot tubs and saunas is not recommended. Because no universal definition for extensive exposure exists, please refrain for at least three months prior to treatment. Fever of 101.5°F. or greater may also affect sperm quality for up to 3 months.
3. **ALCOHOL AND SMOKING:** Alcohol and cigarette smoking should be minimized for three months prior to treatment, and at all times during IVF.
4. **EXERCISE:** In general, you do not need to change your exercise routine with the following exceptions:
  - (a) Do not begin any new vigorous exercise or marathon training, within three months prior to IVF, and
  - (b) Please minimize or stop vigorous exercise for three months prior to IVF treatment. This is especially true if a low sperm count is present.
5. **SPERM COLLECTION:** Abstain from intercourse for at least two days, but not more than four days prior to collection of semen for all analysis and prior to egg collection during treatment. If no male factor is present, please ejaculate on the day HCG is given to your wife.

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### C. IVF Protocol

Your physician will determine which IVF protocol you will be using after your initial consultation and follow-up visit. Detailed instructions regarding medications and your treatment calendar will be given to you at the time of your prestart visit. Instructions regarding dosage of stimulation medications will be individualized, and not found in this IVF packet.

### D. Day of HCG

1. **MEDICATIONS:** The day of HCG is the last day that Lupron/Antagon/Cetrotide and ovarian stimulation medications are given. You will be given specific instructions regarding meds that morning. Once HCG is administered, no other meds are needed prior to oocyte retrieval.
2. **HCG:** HCG is given 36 hours (sometimes 35 hours) prior to oocyte retrieval. You will be instructed to inject HCG intramuscularly at a specific time. **It must be given on time.**
3. **HUSBAND:** If your husband has not ejaculated 2 days prior to HCG injection and semen analysis is normal, then he is instructed to ejaculate the day of HCG. If the ICSI procedure is being done, longer abstinence is acceptable, and you will be advised individually.

### E. Day after HCG:

1. You will not need any injections today. Do not eat or drink anything past midnight!

### F. Oocyte Retrieval

1. Do not eat or drink anything after 12:00 midnight prior to your oocyte retrieval.
2. Report to the ARTS Center one (1) hour prior to scheduled retrieval time. The total time for the preparation, procedure, and recovery will be approximately 2½-3 hours. You will be discharged when you are able to empty your bladder, drink something, and walk without assistance. **YOU WILL NEED SOMEONE TO DRIVE YOU HOME.**
3. **SPECIAL INSTRUCTIONS:** Please do not wear any perfume, jewelry, make-up, or contact lenses. Please bring your glasses. Husbands should not wear aftershave or cologne.
4. **SPERM COLLECTION:** You may be instructed to collect your specimen at home, otherwise husband will collect sperm on-site after the retrieval.
5. **AFTER OOCYTE RETRIEVAL:**

*Activity:* After being discharged from the clinic, please go home and relax. You should not go to work or perform chores at home that require heavy lifting or strenuous activity. You may go to work the following day.

*Diet:* You may eat a regular diet if hungry. Otherwise, please limit your intake to liquids for 2 hours after the procedure.

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*Medications:* If you have some mild discomfort, you may take 1 or 2 Tylenol (regular or extra strength) every 4 to 6 hours. If you experience abdominal pain that worsens or is not relieved with Tylenol, please notify us. Bloating and pelvic pressure is normal.

*Follow-up:* Call us if you are dizzy (especially when standing), or you have vaginal bleeding (other than spotting), or if you have a temperature higher than 100.5° F, or experience significant abdominal pain.

*Ovarian Enlargement:* You may experience mild to moderate cramping and a small amount of vaginal bleeding. You may be bloated and tender for several days. This is to be expected. Please take Tylenol for your mild discomfort. A heating pad may also be helpful. **PLEASE CALL US** if you have nausea, vomiting, pain not relieved with rest and Tylenol, shortness of breath, decreased urinary output, or any temperature elevation of 100.5 or greater.

*Embryology Reports:* Before you leave, you will know the number of eggs retrieved. Please be sure ARTS personnel have a phone number to call you the following 2-5 days for your embryology reports.

*Progesterone:* Be sure you have your progesterone and supplies. Progesterone injections begin the evening after your retrieval around, 9:00 p.m. The dosage is 50 mg (1cc) each p.m., in the hip. See Progesterone Instruction Sheet. We will give you a date later to discontinue the medication.

*Heparin:* If your physician has ordered Heparin injections (given twice daily) and/or aspirin, 81 mg, daily, they will begin the day after egg retrieval. Please call if you need any further instructions or have any questions.

### G. Day After Oocyte Retrieval

1. **LUTEAL PHASE SUPPORT:** The day after oocyte retrieval all patients will receive daily Progesterone in oil, 1 ml (50 mg), administered intramuscularly in the evening between 7:00-9:00 p.m. starting the day after oocyte retrieval. If pregnant, progesterone will be administered for an additional 6 weeks.
2. **FERTILIZATION REPORT:** The day following retrieval – this is Day 1 - an embryologist will call (usually late a.m. or early p.m.) with your fertilization report. The embryologist will call with updates on your embryos development on Day 3, and possibly on Day 2 if a Day 3 embryo transfer is possible. No one disturbs the embryos on Day 4. Our office also receives daily reports and will schedule the time for the embryo transfer by your physician. You need to arrive to ARTS 30 minutes prior to your scheduled embryo transfer.

### H. Embryo Transfer

1. **SCHEDULING THE EMBRYO TRANSFER:** Embryo transfer of usually 2-3 embryos is performed on Day 2, Day 3, Day 5, or rarely Day 6 following oocyte retrieval depending upon the numbers and quality of embryos. Do not wear any cologne, perfume, aftershave, lotions, or powder of any kind for either husband or wife. Deodorant is allowed. Please arrive at ARTS 30 minutes prior to scheduled transfer time. Embryo transfers are usually scheduled between Noon – 2:00 p.m. on weekdays, and 9:00 a.m. – Noon on weekends.
2. **PROCEDURE:** You will **NOT** have an IV; and sedation or pain medication is not necessary. Your physician will place the embryos into the uterine cavity with a small, flexible catheter usually under ultrasound guidance.

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### 3. AFTER EMBRYO TRANSFER:

*Bedrest:* After your embryo transfer, you will lay in a reclined position for 30 minutes before being discharged home. You may sit in your car seat as you normally would during the ride home from the center. You may wish to bring a pillow or blanket to make the ride more comfortable. "Bed rest" on a sofa or reclining chair or bed is recommended until the following morning. You may get up to eat or use the bathroom. You may take a shower the following morning. You may resume your work, although we encourage you to avoid stressful activity. Remaining mentally distracted with reading or other mental activity will help the time pass easier. Please note, there is no scientific evidence that shows that prolonged bedrest will improve pregnancy rates.

*Specific Instructions:*

1. No baths or swimming.
2. No douching or tampons.
3. No exercise other than walking.
4. No intercourse or orgasm for 2 weeks following embryo transfer.
5. Please do not do anything that you feel you may regret, so that in the event of a negative pregnancy test you won't say "I knew I shouldn't have done that."

*Stress:* The time after embryo replacement passes slowly because you are waiting to find out if pregnancy has occurred. This is a good time to stay busy with personal projects and to go on with your life as normally as possible. You may continue to work, but you should try to reduce your level of stress as much as possible while at work. If you would like to discuss anything with the staff, please do not hesitate to call or make an appointment.

#### I. Pregnancy

1. *Pregnancy Test:* Please call our office after the embryo transfer to schedule your pregnancy test. This will be 14 days after the egg retrieval. The pregnancy test is a blood test drawn in the a.m., between 8:00 and 10:00 a.m. with results called to you the same afternoon, usually between 3:30 and 5:00 p.m. Please report for the blood pregnancy test even if you start bleeding (some people can have a light period with an early normal pregnancy).

*Positive:* Positive pregnancy tests are repeated in 48 hours. The first level will double, which tells us that the early pregnancy is progressing normally.

*Sonogram:* A sonogram will be scheduled in our office 3 weeks (approximately) from the date of your 2<sup>nd</sup> positive pregnancy test. We will view the pregnancy and should see a heartbeat. This is usually when we let you graduate and return to your OB for the remainder of your wonderful pregnancy.

We will give you a date to stop your progesterone and/or any other medications.

*Negative:* If the test is negative, please schedule a "post-op" appointment within the next 3 weeks to review you cycle and discuss possible future treatment. You will not be charged for this visit.

We remind you that ART can be a stressful process with no guarantee of success; however, it offers the only real option for some infertile couples. ART is a team effort and a great challenge for us. We will strive to help your hope become a reality.

Please contact us if you have any questions or concerns.  
DFW Fertility Associates: 214-363-5965  
ARTS Department: 214- 345-2624