

Dallas-Fort Worth Fertility Associates

Individualized Compassionate Care

Retrieval Instructions

Day of HCG/Ovidrel

Please inject the HCG/Ovidrel this p.m. at _____. We have calculated this to be given 36 hours prior to your retrieval. **IT MUST BE GIVEN ON TIME.** See HCG/Ovidrel Instruction Sheet. Tonight will also be your last Lupron injection. If your husband has not ejaculated within the last 2 days, he is instructed to ejaculate today. If the ICSI procedure is being done, the timing will be different and we will advise you individually.

Day after HCG/Ovidrel

You will not need any injections today.

After midnight **DO NOT EAT OR DRINK ANYTHING.** This continues until after your retrieval.

Day of Retrieval

Your egg retrieval is scheduled for _____, at _____ a.m.
PLEASE arrive in the ARTS department 1 hour prior to the scheduled time of the retrieval.

Please do not wear any jewelry, make-up, or contact lenses. Please bring your glasses.

Husbands should not wear aftershave or cologne.

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.

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.

Be sure you have your progesterone and supplies. Progesterone injections begin in the evening the day 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.

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.

At home after the retrieval, you need to relax and sleep. Please do not go to work or perform any strenuous activity. You may return to work the following day.

Please contact us if you have any questions or concerns.