



## How to Prepare for Your Egg Retrieval

**You should have nothing to eat or drink in the eight hours prior to your egg retrieval.** Patients undergo this procedure room in our Edison office. During the procedure you will receive medication given intravenously by an anesthesiologist, which will make you relaxed and sleepy. Recovery from anesthesia medicines, for most patients, is rapid and generally nausea is minimal. **In addition, be prepared that morning to take care of any financial responsibilities that were discussed with you during your financial consultation (anesthesia fee if “self-pay”, embryo storage fee, etc).**

Please make sure to arrive 45 minutes prior to the scheduled egg retrieval without jewelry, nail polish, make-up, or contact lenses. Please shower the morning before your procedure and wear loose-fitting clothes to the office. Please refrain from using cologne, perfume, and scented lotions during egg retrieval and embryo transfer. Empty your bladder completely prior to entering the procedure room. When all is ready, you will be taken into the procedure room and asked to lie on the procedure table. Your legs will be placed in stirrups. Shortly after that you will receive medication to make you feel relaxed and drowsy and you will fall asleep. The procedure will generally last about 15 minutes. For safety reasons, your husband/partner will not be allowed in during the retrieval procedure but can stay with you during your recovery after the egg collection is completed. The time you will be required to remain for observation will vary between patients but is approximately 30 minutes. Your husband/partner will be asked to provide a semen specimen (if applicable) in our collection room after your egg retrieval. **If difficulty with semen collection in the office is expected, please notify us several days before the egg retrieval** so that other arrangements can be made to freeze a sperm sample. When the doctor feels that your condition is stable, you will be discharged home. Patients are not allowed to drive themselves home after retrievals or leave in a taxi or Uber service alone. Every patient must have a responsible adult to watch over you for 24 hours after the procedure. Following your retrieval, you may return to a normal diet.