



How to Prepare for Your Embryo Transfer

Most of our patients undergo embryo transfer in a frozen-thawed (FET) cycle. You will be given several days notice regarding the date of your embryo transfer. In a “fresh” IVF cycle, embryo transfer generally occurs 5 days after egg retrieval. On the day of your embryo transfer, report to the office **30** minutes prior to your scheduled embryo transfer time. Your husband/partner should be present since their signature is required before embryo transfer can be done. If your partner cannot be present, please contact your Coach ahead of time for further instructions.

Please make sure you drink enough fluids so that your bladder is full (*not* painfully so, however) **at the time of the embryo transfer.** Two hours prior to embryo transfer drink at least 16 oz of water or enough fluids so that your bladder is **full** upon arrival to our office. If your bladder is still not full, you will be asked to drink more. Sonographic monitoring of the embryo transfer will be done and requires sufficient urine in the bladder. Take your **Valium tablet (diazepam)** by mouth 1 hour prior to the scheduled procedure.

The embryo transfer will take place in the procedure room. The process is painless and similar to a Pap smear in that it involves a vaginal examination. The embryologist will ask you to identify yourself before bringing the embryo(s) into the procedure room. In order to maximize the physician's attention to your procedure, we ask that you and your husband/partner remain as calm and quiet as possible during the embryo transfer procedure. Any questions you have will be answered afterwards. Abdominal ultrasound is used to guide the embryo transfer. Occasionally, you may feel some mild cramps as the catheter is placed into the uterine cavity. Once embryo transfer is completed, the embryologist inspects the catheter under a microscope to make sure that the embryo was transferred.

Embryo transfer is usually a short procedure lasting between 20 and 30 minutes. Following embryo transfer, you will lie flat for a period of 5-10 minutes.

Following embryo transfer, you may get dressed and can be driven home. You will *not* be able to drive yourself home. Another adult must do so. Please relax at home in bed or on the couch

the rest of the day, getting up only to use the bathroom or grab a meal. We prefer that you minimize activity and rest for 24 hours after transfer. After that you can resume most of your regular activities. Please remember that you are to continue your hormone support medications until we have the results of your pregnancy test.

After embryo transfer the following guidelines are offered:

- No tub baths or swimming for 24 hours
- No tampons
- No intercourse until after the first pregnancy test
- No jogging, aerobics, tennis, skiing, mountain climbing, etc. (you get the idea)
- No heavy lifting
- You may return to “work” after 24 hours of bed rest (getting up for bathroom and meals only)
- Try to keep busy while waiting for the pregnancy test; remaining mentally distracted will help the 10 days pass easier

You may notice some vaginal spotting before your pregnancy test. Approximately 50% of pregnant patients have some spotting or light vaginal bleeding prior to pregnancy test or even afterward. THINK POSITIVE! You must have the blood work drawn even if you think your period has started.