

Preparation for IVF and Post-Procedure Care

Preparation for IVF

- You will be given medication to increase the number of eggs produced. You will then undergo a pelvic ultrasound to measure the number of follicles and their growth. When these follicles reach a certain size medication will be administered to stimulate ovulation. After 34-36 hours the eggs will be ready for retrieval.
- You must fast for at least six to eight hours before egg retrieval.
- After the retrieval you will receive vaginal suppositories or injections to prepare for the transfer of embryo to the uterus.

Post-Procedure Care

- After the procedure you will have to rest for one to two hours before going home.
- You should avoid exerting yourself for two to three days after the procedure.
- Sit and sleep in comfortable positions and avoid excessive anxiety or stress. Carry on daily activities as usual.
- Avoid intense exercise or activity. Do not walk too much or take too many stairs if avoidable.
- Cramping is possible due to the enlarged ovaries, especially if multiple eggs were retrieved.
- Take the medicines prescribed.

Contact the doctor if you experience

- High fever
- Unusual flatulence
- Unusual vaginal bleeding