



FET INSTRUCTIONS

On _____ / _____ / _____, please begin the following:

- 1) Take 1 **Medrol** tab (Methylprednisolone) 4 times a day x 5 days
- 2) Begin administering **Progesterone** as follows:

Progesterone Oil 1 cc (ml)

- is an intramuscular injection given in the upper outer quadrant of the buttocks.
- It is important to apply a warm compress to your skin for about 5 - 10 minutes BEFORE and AFTER administering this injection.
- Please use the 23 GAUGE replacement needle to administer this injection.
- It can be given at any time of the day or evening.
- PLEASE MASSAGE INJECTION SITE VERY WELL for 5 - 10 minutes after injection

Progesterone Suppositories

- Alternatively, if you are taking progesterone in suppository form, you are to insert a total of 3 suppositories daily.
- Insert 1 suppository vaginally in the morning and insert 2 suppositories vaginally in the evening.

DO NOT INSERT A SUPPOSITORY ON THE DAY OF THE TRANSFER

- 3) Continue taking **Estrace** 2mg tabs 1 x daily
- 4) Discontinue the **Climara** Patch

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**Your Transfer will take place on:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

On the day of your transfer:

- Be sure to have a full bladder BEFORE arriving at the office for embryo transfer
- Bring one 5 mg tablet of Valium and take it when you arrive in the office
- Be prepared to stay in the office for approximately 1 ½ hours after the embryo transfer
- After the embryo transfer you will be required to have 24 - 48 hours of complete bed rest
- The day after the embryo transfer you will begin taking Aspirin 81mg by mouth daily
- No douching, swimming, heavy lifting or exercising until it is determined if you are pregnant
- Please schedule your blood test appointments prior to leaving the office after your transfer
  - 7 days after embryo transfer for a blood test to check your progesterone level
  - 14 days after transfer for your pregnancy blood test
- Please do not hesitate to call the office at any time should you experience any issues