



## POST FET INSTRUCTIONS

Please continue the following:

- 1) Complete taking 1 **Medrol** tab (Methylprednisolone) 4 times a day x 5 days
- 2) Continue 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 Oil will continue indefinitely unless you are otherwise instructed to stop**

### **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.
- **Progesterone Suppositories will continue indefinitely unless you are otherwise instructed to stop**

- 3) Continue taking **Estrace** 2mg tabs 1 x daily.
  - **Estrace will continue indefinitely unless you are otherwise instructed to stop**
- 4) Continue taking your Prenatal Vitamin (once a day) and Folic Acid (brand name: Folgard) (once a day)
- 5) The day after the embryo transfer you will begin taking Aspirin 81mg by mouth daily

- After the embryo transfer you will be required to have 24 - 48 hours of complete bed rest
- 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