POST FROZEN EMBRYO TRANSFER INSTRUCTIONS (read this once you have had your frozen embryo transfer)

WHAT YOU WILL NEED IMMEDIATELY FOLLOWING YOUR FROZEN EMBRYO TRANSFER AND UNTIL PREGNANCY TEST:

1. **Progesterone** (progesterone in oil injections 50 mg=1 cc, or vaginal progesterone inserts (progesterone 200 mg, or Endometrin 100 mg capsules))
   - Administration begins exactly 3 days prior to your scheduled frozen embryo transfer, or exactly 5 days prior to your scheduled frozen embryo transfer depending on whether your frozen embryos are 3 or 5 days old
   - Administration typically continues through the 9th week of gestation
   - It is not to be discontinued until otherwise specified

2. **Estrace** (Estradiol) 2 mg oral tablets, or Estradiol Valerate (Delestrogen) injections (5 mg=1 cc)
   - This is a natural estrogen given to support the uterine lining, embryo implantation and the resulting pregnancy
   - It is essential to help thicken your endometrial lining to make sure it is receptive to embryos
   - It is safe to use after a frozen embryo transfer and in pregnancy
   - Administration begins at the onset of your frozen embryo transfer cycle (approximately 14 days prior to your embryo transfer)
   - Administration typically continues through the 9th week of gestation
   - It is not to be discontinued until otherwise specified

3. **Baby Aspirin** 81 mg oral tablets
   - This is a low-dose Aspirin tablet which is used to improve blood flow to the uterus and may help with embryo implantation
   - Administration begins once you are no longer menstruating, approximately 14 days prior to your embryo transfer
   - It is safe to use after a frozen embryo transfer and in pregnancy
   - It is not to be discontinued until otherwise specified

SPECIFIC INSTRUCTIONS FOLLOWING YOUR FROZEN EMBRYO TRANSFER

1. Continue progesterone – progesterone in oil 2 cc (100 mg) single injection nightly, or progesterone 200 mg vaginal capsules 3x daily, or Endometrin vaginal capsules 100 mg 3x daily (morning, afternoon, and night), as you have been doing, until otherwise specified.

2. Continue Estrace 2 mg oral tablets – 1 tablet twice daily (approximately 12 hours apart), as you have been doing, until otherwise specified or, if you have been administering Estradiol Valerate (Delestrogen) injections – continue injecting 0.5 cc (2.5 mg) once every 3 nights, as you have been doing, until otherwise specified.

3. Baby Aspirin 81 mg tablets – continue 1 baby Aspirin per day, as you have been doing, until otherwise specified.

4. **BED REST** – plan to rest in bed for a total of _____ day(s) (including the day of transfer) immediately following your embryo transfer. The position you are in is of no consequence, pick any position that makes you comfortable. You may get up occasionally to use the bathroom and freshen-up. Please avoid showers or baths. Try to be as relaxed as possible.

5. **VAGINAL REST** – nothing in vagina: no tampons, no sexual relations of any kind until otherwise specified

6. **NO BATHING** – no baths, hot tubs or swimming (pools, lakes, oceans) for two weeks. Showers are OK.

7. **NO HEAVY LIFTING** – nothing over 10 lbs at a time. Avoid strenuous activities such as furniture moving, weight lifting, Etc.

8. **NO HIGH-IMPACT EXERCISE** – avoid high intensity exercise such as jogging, running, step aerobics or jumping rope. Light to moderate walking and leisurely hiking is OK and may help you to feel well.

9. **NO ALCOHOL** – no alcoholic beverages or recreational drugs.

10. **NO SMOKING**.

11. **MINIMIZE CAFFEINE** – one or less daily caffeinated drink intake (coffee, tea, cola beverage).

12. **AVOID OVER THE COUNTER HERBAL MEDICATIONS** – no herbal supplements; Tylenol is OK for headaches, cramps...

13. **NO PRESCRIPTION MEDICATIONS** – no prescription medications unless ordered or approved by CCRH. Please notify us of any medicines prescribed for you.

14. **AVOID CONTACT WITH TOXIC FUMES** – avoid contact with toxic fumes and substances such as gasoline, paint, paint thinners, chlorine and ammonia. If you cannot avoid them, be sure the area is well ventilated.

15. **GET ADEQUATE REST** – do not get overly fatigued.

16. **BALANCED DIET** – eat and drink a well-balanced, nutritional diet. Remember to include plenty of fruits and vegetables and fluids to avoid constipation, which may be caused by progesterone.

17. **DO NOT PANIC** – remember that mild cramping and/or a small amount of pink, dark red or brown vaginal spotting are normal following embryo transfer for up to two weeks, sometimes longer.

18. **POST FROZEN EMBRYO TRANSFER SCHEDULED FOLLOW-UP** – please come into our office on the following days for blood work (preferably prior to 11:30 AM for each test, no appointment necessary):

   1st blood test: ____________________________ (this is a progesterone and estrogen level check)

   2nd blood test: ____________________________ (this is your pregnancy test)

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