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

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

1. **Medrol** (Methylprednisolone) 4 mg oral tablets x 16
   - Administration begins on the day of egg retrieval and continues for 4 consecutive days; in some cases, you will be required to continue 1 tablet of Medrol daily through the 6th week of gestation

2. **Progesterone** [progesterone in oil injections 50 mg=1 cc, or vaginal progesterone inserts (progesterone 200 mg, or Endometrin 100 mg capsules)]
   - Administration begins on the day/night of egg retrieval and typically continues through the 9th week of gestation
   - It is not to be discontinued until otherwise specified

3. **Estrace** (Estradiol) 2 mg oral tablets
   - This is a plant-derived natural estrogen given to support embryo implantation and the resulting pregnancy
   - It is safe to use after embryo transfer and in pregnancy
   - Administration begins on the night of embryo transfer and typically continues through the 9th week of gestation

4. **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
   - If you have an Aspirin allergy you do not need to take this
   - Administration begins on the day of embryo transfer and continues through the 2nd trimester of pregnancy (week 26-27), unless otherwise specified

**SPECIFIC INSTRUCTIONS FOLLOWING YOUR EMBRYO TRANSFER**

1. Complete Medrol 4 mg x 4 pills daily x 4 total days, as you have been doing (unless you have a day 5 or day 6 embryo transfer, in which case Medrol administration will finish prior to embryo transfer). Medrol may be required to continue at a dose of 4 mg daily in some instances; do not continue Medrol unless otherwise specified.

2. Continue progesterone in oil 1 cc (50 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.

3. Begin Estrace 2 mg oral tablets – take 1 tablet the evening of embryo transfer, then 1 tablet twice daily (approximately 12 hours apart) starting the day after your embryo transfer, to continue until otherwise specified.

4. Baby Aspirin 81 mg tablets – resume 1 baby Aspirin per day on the day or evening of embryo transfer, and continue daily until otherwise specified.

5. **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.

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

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

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

9. **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.

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

11. **NO SMOKING**.

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

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

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

15. **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.

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

17. **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.

18. **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.

19. **POST 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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