

FROZEN EMBRYO TRANSFER INSTRUCTIONS (read this once your frozen embryo transfer has been scheduled)

Your frozen embryo transfer procedure has been scheduled for _____

WHAT YOU WILL NEED IN THE 3-5 DAYS PRIOR TO, AND ON THE DAY OF FROZEN EMBRYO TRANSFER:

1. *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 before and 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**
2. *Progesterone* [progesterone in oil injections 50 mg=1 cc, or vaginal progesterone inserts (progesterone 200 mg, or Endometrin 100 mg capsules)]
 - This is given to support embryo implantation and the resulting pregnancy
 - 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, respectively
 - Administration typically continues through the 9th week of gestation
 - **It is not to be discontinued until otherwise specified**
3. *Medrol* (Methylprednisolone) 4 mg oral tablets x 16
 - This is a corticosteroid given to reduce inflammation by lightly suppressing your immune system
 - Administration begins 3 days prior to your scheduled frozen embryo transfer 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
 - It may cause a mild stomach upset and should be taken with food
4. *Valium* (Diazepam) 5 mg oral tablet
 - This is given to help relax the muscles of the uterus and to prevent cramping of the uterus during and after the embryo transfer; it also helps patients relax during the embryo transfer procedure
 - Valium is administered once just prior to the embryo transfer procedure
5. *Ibuprofen* (Motrin) 600 mg oral tablet
 - This medication a non-steroidal anti-inflammatory agent, which can reduce uterine contractions during embryo transfer
 - Using this medication has been shown to improve embryo implantation and pregnancy rates
 - Ibuprofen is administered once just prior to the embryo transfer procedure
6. *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 2-3 days after estrogen treatment begins at the onset of your frozen embryo transfer cycle, and continues through the 2nd trimester of pregnancy, unless otherwise specified

SPECIFIC INSTRUCTIONS PRIOR TO AND ON THE DAY OF FROZEN EMBRYO TRANSFER

1. If you have been taking Estrace 2 mg oral tablet three times daily – lower your dosing frequency to 2 mg twice daily (approximately 12 hours apart) on _____. If you have been taking Estradiol Valerate (Delestrogen) 0.5 cc (2.5 mg) injection once every 2-3 days (as instructed) – lower your dosing frequency to one 0.5 cc injection every 3 days on _____.
2. If you were instructed to use progesterone in oil injections, begin with a progesterone 1 cc (50 mg/cc concentration=50 mg) intramuscular injection (see attached progesterone in oil injection instructions sheet) on _____, and increase the dose to a 2 cc (100 mg) on _____ and continue nightly until otherwise specified. If you were instructed to use progesterone vaginal inserts (200 mg progesterone capsule or 100 mg Endometrin capsule), insert the 1st vaginal capsule in the afternoon and the 2nd vaginal capsule at night before bedtime on _____, and then the following day on _____ begin administering progesterone vaginal inserts 3-times daily (morning, afternoon, and night), until otherwise specified.
3. Medrol 4 mg tablets x 4 pills (together) daily x 4 days to be started on _____ (3 days prior to your scheduled frozen embryo transfer).
4. Valium 5 mg pill – take one pill approximately 45 minutes prior to your scheduled frozen embryo transfer time.
5. Ibuprofen 600 mg pill – take one pill approximately 45 minutes prior to your scheduled embryo transfer time.

SPECIFIC INSTRUCTIONS PRIOR TO AND ON THE DAY OF FROZEN EMBRYO TRANSFER (CONT'D)

6. Baby Aspirin 81 mg tablets – continue taking 1 tablet of baby Aspirin daily, as you have been doing, until otherwise specified.
7. Your frozen embryo transfer procedure is scheduled for _____ am/pm. Please report to **In Vitrotech Labs, Inc. (9201 W. Sunset Blvd, Suite 202, West Hollywood, CA 90069, tel 310-550-1951)** with your partner or an accompanying adult no later than 45 minutes prior to your scheduled procedure. Please make sure you arrive with your bladder full (make sure you drink enough water to fill your bladder moderately; do not empty your bladder prior to the embryo transfer procedure unless otherwise specified). You and your partner should avoid wearing any scented lotions, perfumes, colognes... as these may affect eggs, sperm and embryos in the IVF laboratory. Your partner or an accompanying adult must drive you home after the procedure as you will not be able to drive yourself.