

Patient Instructions

PRE-CYCLE COUNSELING

We recommend that you contact the IVF nurse coordinator at 17766456 or 17766990 when your period begins for the cycle preceding the one in which you will undergo In- Vitro Fertilization.

At this time, arrangements will be made to complete any pre-cycle testing, provide you with the necessary prescriptions for medications, complete the appropriate informed consent documents, and review and clarify your financial obligations.

Separate consent forms are available for IVF, embryo freezing and micromanipulation. All consent forms must be signed by you and your partner prior to initiating the treatment cycle. You will have an IVF teaching appointment at which time you will meet with both the doctor and nurse to review the consent forms and have any questions answered.

GENERAL RECOMMENDATIONS:

Females:

- You should take Folate (folic acid), 0.4 mg daily, avoid all medications other than paracetamol. If you are taking other prescription medications, check with us prior to beginning your treatment cycle.
- No smoking or alcohol use.
- No more than two caffeinated beverages per day.
- Avoid changes in diet or weight loss during IVF cycle. A healthy well-balanced diet works best.
- Refrain from intercourse two days prior to egg retrieval. If male factor is present, abstinence of up to four days is adequate.
- Normal exercise may continue unless enlargement of your ovaries produces discomfort.

Males:

- A Fever one to two months prior to IVF treatment may adversely affect sperm quality. If you are sick, please take your temperature and notify us of any illnesses.
- Sitting in hot tubs and saunas is discouraged.
- Drugs, alcohol and cigarette smoking should be avoided for three months prior to treatment and at all times during the ongoing IVF treatment cycle to get the best results.

- If you have a history of genital herpes infection, you must report any pre-herpes symptoms, active lesions or healing herpes lesions. The occurrence of any of these stages in either the male or the female will require cessation of the IVF treatment.
- Do not begin any new exercise, sport or marathon training within three months of planning IVF. Minimize or stop vigorous exercise for three months prior to IVF treatment especially if a low sperm count is present.
- Refrain from wearing tight underwear.
- Abstain from intercourse for at least two days, but not more than seven days prior to collection of semen for egg collection.

IVF TREATMENT

IVF Protocol:

- Your physician will determine which IVF protocol you will be using after your initial consultation and follow-up visit. Treatment may begin in the cycle preceding your planned cycle of treatment. Detailed instructions regarding medications and your treatment calendar will be given to you at the time of your pre-start visit. Instructions regarding dosage of stimulation medications will be individualized.
- The first day of medication will be considered day one of your cycle. All consent forms must be signed and deposits paid prior to receiving approval to start medication and further instructions.
- Your treatment may stop at any stage if the medical team feels that successful completion of treatment is unlikely. A credit or refund may be due if you do not complete your treatment cycle. Specific instructions regarding drug doses and upcoming appointments will be given.

Day of HCG:

- Medication: The day of HCG is the last day that agonist/antagonist and ovarian stimulation medications are given. You will be given specific instructions regarding medications that morning.
- Once HCG is administered, no other medications are needed prior to oocyte retrieval.
- HCG: is given 36 hours prior to oocyte retrieval. You will be instructed to inject HCG intramuscularly at a specific time. **It must be given on time.**
- HUSBAND: If your husband has not ejaculated 2 days prior to HCG injection and semen analysis is normal, then he is instructed to ejaculate the day of HCG. If the ICSI procedure is being done, longer abstinence is acceptable, and you will be advised individually.

Day after HCG:

You will not need any injections today. Do not eat or drink anything past midnight!

Oocyte Retrieval:

- Do not eat or drink anything after 12:00 midnight prior to your oocyte retrieval.
- Report to the center one (1) hour prior to scheduled retrieval time. The total time for the preparation, procedure, and recovery will be approximately 2½-3 hours.

You will be discharged when you are able to empty your bladder, drink something, and walk without assistance. **YOU WILL NEED SOMEONE TO DRIVE YOU HOME.**

- **Please do not wear any perfume, jewelry, make-up, or contact lenses.** Please bring your glasses. Husbands should not wear aftershave or cologne.

Sperm Collection:

- Your husband may be instructed to collect your specimen at home, otherwise husband will collect sperm on-site before the retrieval.
- Your husband may be required to provide a second semen sample.

AFTER OOCYTE RETRIEVAL:

- **Activity:** After being discharged from the clinic, please go home and relax. You should not go to work or perform chores at home that require heavy lifting or strenuous activity. You may go to work the following day.
- **Diet:** You may eat a regular diet.
- **Medications:** If you have some mild discomfort, you may take 2 paracetamol every 4 to 6 hours. If you experience abdominal pain that worsens or is not relieved with Paracetamol, please notify us. Bloating and pelvic pressure is normal.
- **Follow-up:** Call us if you are dizzy (especially when standing), or you have vaginal bleeding (other than spotting), or if you have a temperature, or experience significant abdominal pain.
- **Ovarian Enlargement:** You may experience mild to moderate cramping and a small amount of vaginal bleeding. You may be bloated and tender for several days. This is to be expected. Please take paracetamol for your mild discomfort. **PLEASE CALL US** if you have nausea, vomiting, pain not relieved with rest and paracetamol, shortness of breath, decreased urinary output, or any temperature elevation.
- **Embryology Reports:** Before you leave, you will know the number of eggs retrieved. Please be sure our personnel have a phone number to call you the following 2-5 days for your embryology reports.
- **Progesterone (luteal phase support):** Be sure you have your progesterone and supplies. Progesterone starts the day of oocyte retrieval. If pregnant, progesterone will be administered for an additional 10 weeks.

EMBRYO TRANSFER

- On the day of your embryo replacement, report to Banoon Centre approximately 30 minutes prior to your scheduled pre-embryo-transfer time.
- Do not wear any cologne, perfume, aftershave, lotions, or powder of any kind for either husband or wife. Deodorant is allowed.
- You will **NOT** have an IV and sedation or pain medication is not necessary. Your physician will place the embryos into the uterine cavity with a small, flexible catheter under ultrasound guidance.

AFTER EMBRYO TRANSFER

- After your embryo transfer, you will lay in a reclined position for 30 minutes before being discharged home
- Please remember that you are to continue your progesterone (and any other prescribed medications)
- From the time of transfer until your pregnancy test, you can resume most of your regular activities. The time after embryo replacement passes slowly because you are waiting to find out if pregnancy has occurred. This is a good time to stay busy with personal projects and to go on with your life as normally as possible. You may continue to work, but you should try to reduce your level of stress as much as possible while at work.

PREGNANCY TESTING

- Quantitative hCG pregnancy testing will be done 14 days after the embryo transfer. The blood test is drawn in the morning between 8:00 and 10:00 a.m. and result is available the same day at 12:00 noon.
- Sonogram: A transvaginal ultrasound will be scheduled in our office 2 weeks (approximately) from the date of your positive pregnancy test. We will view the pregnancy and should see a heartbeat.
This is usually when we refer you to your OB for the remainder of your pregnancy. We will give you a date to stop your progesterone and/or any other medications.
- If your pregnancy test is negative, you may stop taking progesterone. You will get a period within three to five days, if you have not already started bleeding. This period may be different from your normal period (lighter, heavier, shorter, longer).
- After investing so much time and money for your ART treatment, failure to have fertilized eggs or a negative pregnancy test can be an abrupt shock. You may wish to make an appointment to meet with your physician to review your treatment and discuss your feelings with us. All that it may take to achieve your IVF success is time and another attempt.