

## EMBRYO TRANSFER INSTRUCTIONS

If your fertilized eggs develop into embryos suitable for transfer, we will schedule an embryo transfer on either 3 or 5 days after retrieval. Which day we recommend depends on the number and quality of embryos available as well as any discussions we may have had with you previously. Be sure to review the "Blastocyst Transfer Fact Sheet" and the "Assisted Hatching Fact Sheet".

### On the day of embryo transfer:

- To reduce anxiety and tension during the transfer, we ask that you take Tranxene 7.5 mg (if not allergic) 1-2 hours prior to your scheduled transfer.
- You may eat and drink as usual on the day of transfer.
- Plan to arrive at the Evergreen office of the Northwest Center for Reproductive Sciences about 45 min. before your scheduled transfer time. Remember that your bladder must be full during the embryo transfer. Drink at least 4-5 glasses of fluid during the hour before you arrive.
- Please do not wear any fragrances because they are harmful to embryos and decrease implantation. This refers to both female and male partner. We also do not want cigarette vapors in the room as all these odors adversely affect the embryos.
- Prior to the transfer, your NCRS physician will discuss with you the status of your embryos. We will help you decide on how many embryos to transfer and how many to cryopreserve (if you have chosen this option). You will be asked to sign a document acknowledging these decisions.
- Your husband or partner is welcome to be present in the procedure room during the transfer. He will be asked to put on a scrub suit before entering.
- No anesthesia is required for the embryo transfer. The embryo transfer is not a painful procedure. After the transfer, we will place you onto a stretcher and wheel you back to the recovery bay where you will remain supine (lying on your back) for 15 minutes.
- At the end of the rest period, you may get dressed and be driven home. You should not try to drive yourself. Plan to rest at home for the remainder of the day. Don't plan any vigorous or stressful activities. Don't plan to return to work.
- Tonight you may start taking your progesterone by the vaginal route rather than injection. You may use either Crinone 8% (twice daily) or Prometrium 200 mg (three times daily) given vaginally. You and your doctor will decide which is best for you. If preferred, you may instead choose to continue using the injections twice daily. If you have been instructed to use estradiol also, continue this as directed as well.
- Continue taking your doxycycline and Medrol as instructed. When you have completed your doxycycline, resume taking your prenatal vitamins.

### Days following Embryo Transfer:

- Continue taking your progesterone supplementation (and estradiol, if prescribed) as directed. If you become pregnant, you will need to continue the medications until the 10th week of pregnancy. Avoid taking Celebrex, Vioxx or Bextra because COX-2 inhibitors might interfere with implantation.
- Two weeks after retrieval, you will be scheduled to come in for a blood pregnancy test (hCG level). The blood may be drawn at either the Seattle or Evergreen office. Plan to arrive before 9 am so that we can get you the result the same day. If a full period begins before the scheduled test, please call for instructions. If you live out of town, we can provide you with a requisition for the blood tests at a local lab. Please be sure they know to fax us the results.
- If the pregnancy test is positive, it will be repeated one or two more times about every three days to monitor the rate of rise of hCG. If the hCG levels are rising appropriately, a transvaginal ultrasound will be scheduled at 4 weeks after transfer. This is when we can determine the number of implanted embryos and usually we can see the fetal heart beating.
- A second transvaginal ultrasound will be done 2 weeks later (6 wks after transfer) to confirm normal growth and development. If this ultrasound is normal, you may set up an appointment with your obstetrician for ongoing prenatal care. Please call if you have any problems in the interim.
- We will contact you regarding the outcome of your pregnancy as required by Federal CDC-SART reporting mandate.