

## **DISCHARGE INSTRUCTIONS EMBRYO TRANSFER**

1. Finish doxycycline (antibiotic) tablets- taken with breakfast and dinner
2. Continue taking Progesterone in oil injections (2ml/cc per day) until directed.  
Rotate the area and side of the hip where you are giving the injections.  
The injections may be given in your upper thigh however, most patients prefer the hip/backside.  
**Hint:** Keep the vial of oil in your hands for about 5 minutes prior to drawing up with the 18g 1½(pink) needle then switch to 22g 1½(grey) to inject. You may use a heating pack on the injection area prior to and after it is given. Rub an ice cube also on the area right before injecting as you won't feel the needle. Hopefully, these are helpful hints to make this oil go more smoothly for you!
3. Continue taking your Prenatal vitamins, Vitamin E, and aspirin once a day until directed
4. Continue estrace pills 2 mg twice a day until approximately 6-7 weeks of pregnancy.
5. One week after transfer- Estradiol and Progesterone level checked.
6. Two weeks after transfer- Quantitative Beta HCG (pregnancy level) checked.
7. Please do not overexert yourself! For the next couple of weeks, you will want to limit your activity. This includes: no lifting >15 lbs, no hot tubs/saunas, no vacuuming(oh darn!!). Basically, use common sense on your activity level. Some patients return to their job the next day depending on the type of work they do. Please do what is in your best interest and take it easy for those 2 weeks. Also, try to distract yourselves at least every 48 hours while waiting for your result. For example, have plans to watch a movie, eat out, or even play a board game just so your mind isn't overloaded with the wonder of being pregnant!! Think positively- you will find out soon!! Studies have shown that intercourse is detrimental to pregnancy. In fact, one study showed that patients that had intercourse in the two weeks after transfer had a higher ongoing pregnancy rate.
8. Think baby- preferably one!

Please leave brown footies on the bed with your gown