



SUDHA SUNDAR FERTILITY CENTRE

GOING HOME AFTER EMBRYO TRANSFER

- ❖ You may walk from our hospital to your car and from your car to your home. Once you are home we suggest that plan to take it easy for the rest of today.
- ❖ No housework, cooking or heavy daily activities in during this time. Although you may gradually resume your normal activity, we recommend against engaging in any high impact sport or activity during this time.
- ❖ Please avoid swimming, hot tubs (showers are ok) until your pregnancy test. Likewise, please do not have vaginal intercourse for fifteen days after your transfer.
- ❖ Some women will notice an increased vaginal discharge which may be pink or brown or spotting following their transfer. If this happens do not stop your progesterone.
- ❖ Even if you have spotting, cramping or a full period **DO NOT STOP YOUR MEDICINES UNTIL YOU ARE TOLD TO DO SO.**
- ❖ Following egg retrieval, please continue to weight yourself daily reporting a weight gain of two kg or more over your weight the day after the HCG injection was given.

- ❖ Any significant nausea, vomiting, decreased urination, or increased abdominal size should be reported to our hospital.
- ❖ Continue on your estrogen and progesterone following your frozen embryo or donor recipient cycle per your schedule.
- ❖ We understand that this is a very emotionally difficult time and recommend that you take care of yourself as much as possible.
- ❖ If at any time you feel the need to discuss your situation with either our nursing staff do not hesitate to contact us at 9566911118 or our hospital.
- ❖ You have been given a date for your pregnancy test (beta hCG). Call and report to the hospital in the morning on given date.

