

## Information for Patients

# Advice before and after egg recovery

### Before egg recovery

You are now ready for egg recovery. As usual, the nurses will ring you to inform you of your drug doses.

In order to complete egg maturation, a HCG injection must be given subcutaneously (under the skin) 34-36 hours before egg recovery. The date and time of this injection will be confirmed by the nurses, along with the time of your egg recovery. It is very important that you take the injection in the time period stated. The next day we do not need to see you and you will not need any injections.

**You should have nothing to eat or drink from midnight before the egg recovery nor should you chew gum.**

Please report to the IVF reception on the ground floor between 7.30 and 7.45 am on the morning of your egg recovery. The staff will direct you to Ward 90.

We recommend that you bring a dressing gown, slippers, your toilet bag and some reading material to occupy you. An embryologist will see you before you are discharged. You will need somebody to take you home and stay with you overnight.

Following your operation you may feel tired, bloated, have mild abdominal pain and light vaginal bleeding for some days. You should plan to have at least a couple of days off work to recover.

We wish you the very best of luck.

**If you are admitted to another hospital following your egg recovery, it is essential that you inform the Unit.**

## After egg recovery

We hope your egg recovery was successful and that you are feeling well.

You should try to rest over the next few days. You may feel tired and have mild period-like pains and some vaginal bleeding. Paracetamol is a safe drug to use for pain relief. Sanitary towels should be used, not tampons.

Please contact the nurses on the Unit if you experience any persistent sickness, vomiting, severe pain, thirst, swelling of your abdomen or a reduction in the amount of urine you are passing, as these symptoms may indicate ovarian hyperstimulation (OHSS).

On leaving Ward 90 you will have been given some Cyclogest pessaries. The nurse will have explained how and when to use these. They are to start on the first day following your egg collection (egg collection day being 'day 1'). One pessary is inserted vaginally first thing in the morning and another one last thing at night.

**On the day of embryo transfer, please use the morning pessary.**

Your pessaries will continue until the date you do a pregnancy test.

If the test is positive, you will continue the pessaries up to your scandate.

If the test is unfortunately negative, you will be asked to stop using them.

Please do not hesitate to ask if you have any questions.

**In the event of an emergency outside of working hours, please telephone Ward 62 on (0161) 901 0048 or (0161) 276 6105.**