Saint Mary's Hospital

Information for Patients

Information following your embryo transfer

You have had your embryo(s) transferred today and we hope that you become pregnant. We appreciate that waiting 2 weeks to learn the outcome of your treatment can be a very stressful and worrying time for you.

We advise you to live normally but avoid strenuous exercise over the next 2 weeks. Avoid additional medication unless specifically prescribed by a doctor and that is safe to take in pregnancy

As part of your on-going care and to support you through the 2 week wait you will receive a telephone call from one of our experienced counsellors between 7 and 10 days post embryo transfer. The nurse will advise you of which day they will call you.

On _____ please use a **good quality urine pregnancy test** at home to see if you are pregnant. Please use the first urine sample in the morning. A nurse from the department will call you at some point throughout day to find out your pregnancy test result, and will discuss with you the next steps of your treatment.

Continue with your medication as directed by the IVF team until the outcome of your pregnancy test is known. Some women may experience some light bleeding and/or cramping before their pregnancy test date. These symptoms can be associated with both implantation and the start of a period. **Therefore it is important that you do not stop any medications until advised to.**

If you **DO NOT** have a period, please **continue with your medication and still do your pregnancy test on the date given to you by the nurses.**

You may have a watery or blood stained discharge following egg recovery and embryo transfer. This comes from the neck of the womb and often normal following these procedures. However, if you experience any increased pain or bleeding, or have any concerns then telephone the nursing staff on 0161 276 6000 and press option 2 or the emergency gynaecology unit (out of hours) on 0161 276 6204.

Good Luck

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