



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

AFTER 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 stressful and worrying time for you.

We advise you to live normally but avoid strenuous exercise over the next 2 weeks. Only take medication prescribed by a doctor and safe during pregnancy.

As part of your on-going care and to support you through the 2 weeks' wait you will be offered a telephone call from one of our experienced counsellors. If you require this, the nurse will arrange this with the counselling team.

On the date of your planned pregnancy test given to you by the Nurse please use a urine pregnancy test at home to see if you are pregnant. Please use the first urine sample in the morning. Please update your SALVE app with the result of your test. A nurse from the department will contact via the SALVE app the same day to discuss with you the next steps of your treatment.

Continue with your medication as directed by the IVF team. 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 taking 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 your nearest A&E department (out of hours).

We wish you the very best of luck!

CONTACT DETAILS



0161 276 6000



<https://mft.nhs.uk/saint-marys/services/gynaecology/reproductive-medicine/>