

EGG DONOR PREOP IVF INSTRUCTIONS

- Nothing by mouth after _____
 - Wear comfortable clothing
 - Leave jewelry, watch, extra bracelets, rings at home. You can wear your wedding set and contacts and/or glasses (please bring cases for these)
 - No aerosols: i.e. hairspray, perfume, spray deodorant, or lotions
 - You can bring socks to wear in the procedure rm. for IVF
 - Bring a pantiliner with you; there may be some vaginal spotting
- _____ Arrival time: IVF: 30 min. prior to procedure
- You will need a driver for the trip home

MEDICATIONS

_____ Start antibiotic (Doxycycline) with first dose after the egg retrieval; take one pill twice a day until gone (lunch and bedtime are best)
DO NOT TAKE ASPIRIN OR IBUPROFEN FOR CRAMPING/PAIN

ACTIVITIES

- Please let us know what type of work you do outside the home so that we can tailor the plan to the type of activity you need to do
- You are to be in bed the day of your egg retrieval except for going to the bathroom
- You are to **weigh daily**; same time, same scale for the 2 wks. until your pregnancy test
- The next day you can shower and be up to eat; be resting most of the time
- The next day you can be up and about; rest when you feel like it; some return to light work duties this day. Avoid vacuuming, heavy lifting, jumping/aerobics
- Sexual intercourse may be uncomfortable due to your enlarged ovaries; we recommend pelvic rest for 2 weeks.
- Call CD 1 to schedule an ultrasound of your ovaries to check healing

cs/2/00