

GANESH

Test Tube Baby Centre



OVUM PICKUP GUIDE

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BEFORE OVUM PICKUP

- Please ***pay attention to the date and time*** given for ovum pick up and arrive at the hospital on time. There should be no delay on arrival.
- If the ovum pickup is scheduled in the morning, **DO NOT eat or drink anything after midnight 12.00 am**. Avoid even water on the day of ovum pick up. **DO NOT consume tea, coffee, water, breakfast or anything else**. Reach to hospital on an empty stomach.
- If the ovum pickup is scheduled in the evening, **DO NOT eat or drink anything after 6–7 hours before the arrival time**. Avoid even water in that time. **DO NOT consume tea, coffee, water, breakfast or anything else**. Reach to hospital on an empty stomach.



- Before coming to the hospital for the ovum pickup, you may complete routine activities such as **bathing and using the bathroom.**
- As far as possible, **remove ALL jewellery, bangles, necklace, etc,** before coming to the hospital.
- Your husband will need to **provide semen sample on the same day** as the ovum pick up. He can have tea and breakfast before coming – he does not need to come on an empty stomach. **Avoid sexual intercourse for 3–4 days before giving the semen sample.**
- If there is any difficulty in giving the semen sample, **consult the doctor one day before ovum pick up.**
- If you are regularly taking medicines for **thyroid or blood pressure (B.P.),** take those medicines on the day of ovum pick up with half or one sip of water only.



- **Do not apply any fragrance** of any kind like Perfume or oil etc.



- Get the **MEDICINE PACKET** with you on the day of ovum pickup.

AFTER OVUM PICKUP

- After ovum pick up **you will need to rest** in the hospital for 3-4 hours.



- After 3-4 hours of ovum pick up, **take one sip of water**. If there is no nausea or vomiting, gradually increase your water intake.
- You may **consume coconut water, juice, tea with 1-2 biscuits etc.**, 3-4 hours after ovum pickup. It is **advisable to drink plenty of fluids** such as water and juice after oral feed is allowed.

- You can take **light food such as porridge, dal khichdi, dal rice etc 7 hours after the ovum pickup**. From next day onward you consume your normal food/diet.
- Light spotting or bleeding may occur after ovum pickup. **Do not panic** but inform your doctor about it.
- Mild stomach pain after ovum pick up is normal. However, **IF THE PAIN IS SEVERE OR YOU HAVE INABILITY TO PASS URINE, CONTACT YOUR DOCTOR IMMEDIATELY.**
- All medicines started after ovum pick up must be taken on time.





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