

EMBRYO TRANSFER INSTRUCTIONS



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Before Embryo Transfer

- Please note the **date and time** of your Embryo Transfer carefully and reach the hospital **at least 3 hours** before the scheduled time. Late arrival should be avoided.
- Before coming to the hospital, **perform vaginal cleaning** using lukewarm water. You may take a bath and use the toilet, but please ensure vaginal cleaning after using the toilet.
- Please **remove all jewellery**, eat your meal before coming, and carry your food with you.



Before Embryo Transfer

- If you are taking regular medicines for thyroid, blood pressure, or diabetes, continue them as advised on the day of Embryo Transfer.
- **Do not apply perfume**, deodorant, oil, or any scented products.
- Bring your **complete medicine packet** along with all prescribed injections on the day of Embryo Transfer.



After Embryo Transfer

- **Complete bed rest for 4 days** is mandatory. You may go to the toilet on your own. After 4 days, you may start light routine activities (such as simple household work). After 6 days, you may climb stairs slowly once a day.
- Drink plenty of water and fluids. To prevent constipation, eat green leafy vegetables and take isabgol if required. Avoid very spicy, very oily, and outside unhygienic food. Prefer normal home-cooked food.

Alcohol and smoking are strictly prohibited.



After Embryo Transfer

- Watery vaginal discharge may occur due to medicines and is common. There is no need to worry; **maintain proper hygiene.**
- **Avoid heavy lifting,** bending, squatting, and strenuous physical activity. Avoid household activities like taking out clothes from washing machine; pulling filled bucket; cleaning etc where you need to bend. You can do light activity household work like cooking etc. You can perform daily regular activities like bathing, using the bathroom etc. **Avoid long-distance driving and travel on uneven or bumpy roads.**
- If you have pain at the injection site, apply ice fomentation.

After Embryo Transfer

- Do not take any medication without consulting the IVF unit. Do not miss any dose or stop medicines on your own, even if you notice spotting.
- Serum β -HCG test must be done on Day 16 after Embryo Transfer. The test may be done at a nearby lab or hospital. Continue all medicines even after giving the test, unless advised otherwise by the doctor.
- Please visit the doctor once the β -HCG report is available. **Sexual intercourse should be avoided until permitted by the doctor.**

After Embryo Transfer

- Do not undergo X-ray or CT scan for **at least 20 days** after Embryo Transfer and avoid being near X-ray machines.
- Contact the Hospital Immediately If You Have:



Severe abdominal pain



Chest pain



Heavy bleeding



Excessive vomiting



Burning while passing urine



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