



GANESH TEST TUBE BABY CENTRE

Dr. Archana Sharma | IVF & Gynaecology | Ghaziabad



EMBRYO TRANSFER PATIENT CARE GUIDE

Essential Care Instructions for
Before and After Embryo Transfer.

This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.

BEFORE EMBRYO TRANSFER

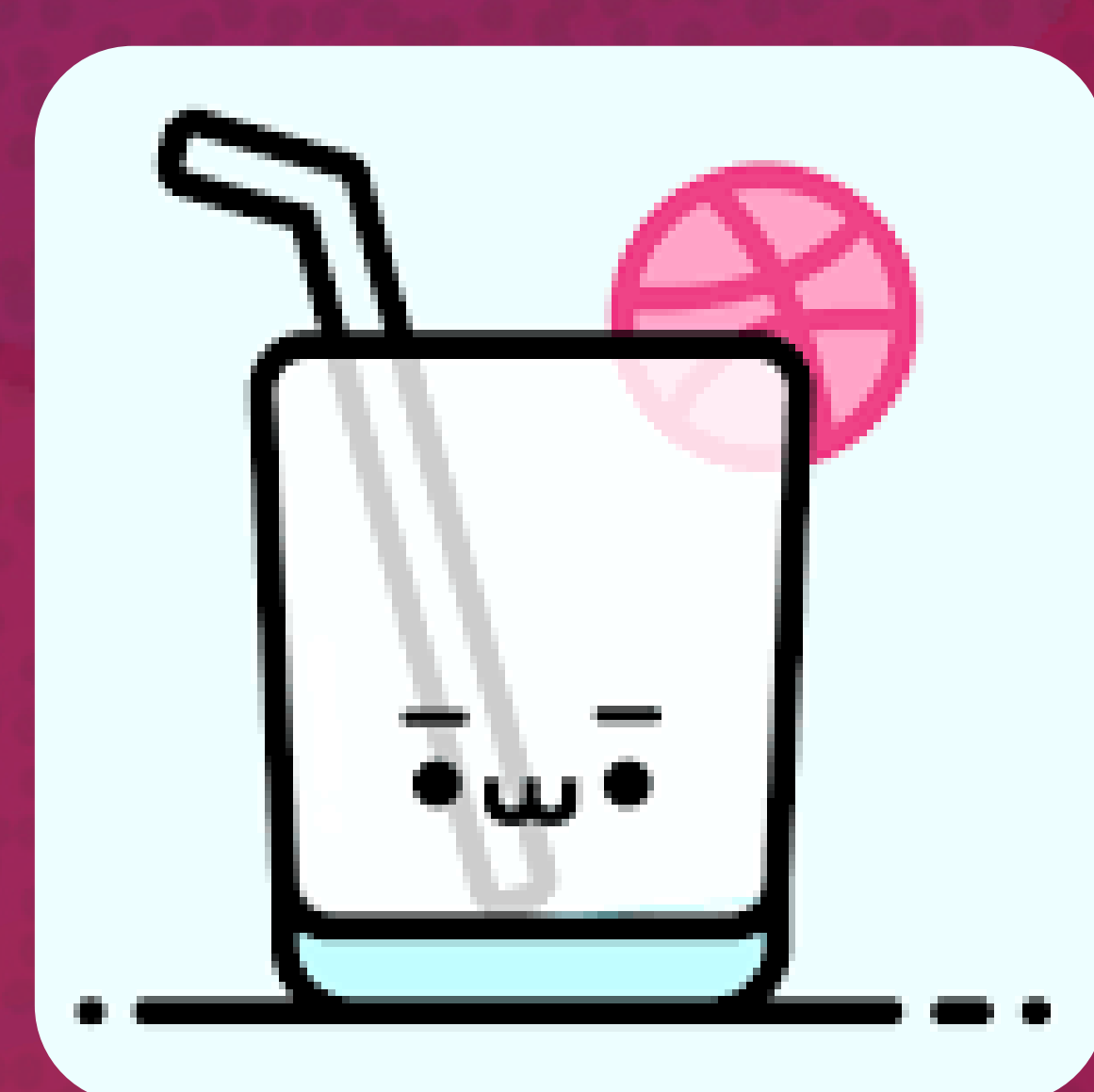
- Please note the date and time of your Embryo Transfer carefully and reach the hospital **at least 3 hours before** the scheduled time. Late arrival should be avoided.



- 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.
- 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.**
- 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.**
- **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.**

- 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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Your health is our priority. Call us anytime with
your questions — no query is too small.



This guide is for informational purposes only and does not replace
personalised medical advice from your treating doctor.

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