



GANESH TEST TUBE BABY CENTRE

Dr. Archana Sharma | IVF & Gynaecology | Ghaziabad

OVUM PICKUP GUIDE



Essential Instructions for a
Successful Ovum Pickup

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 OVUM PICKUP

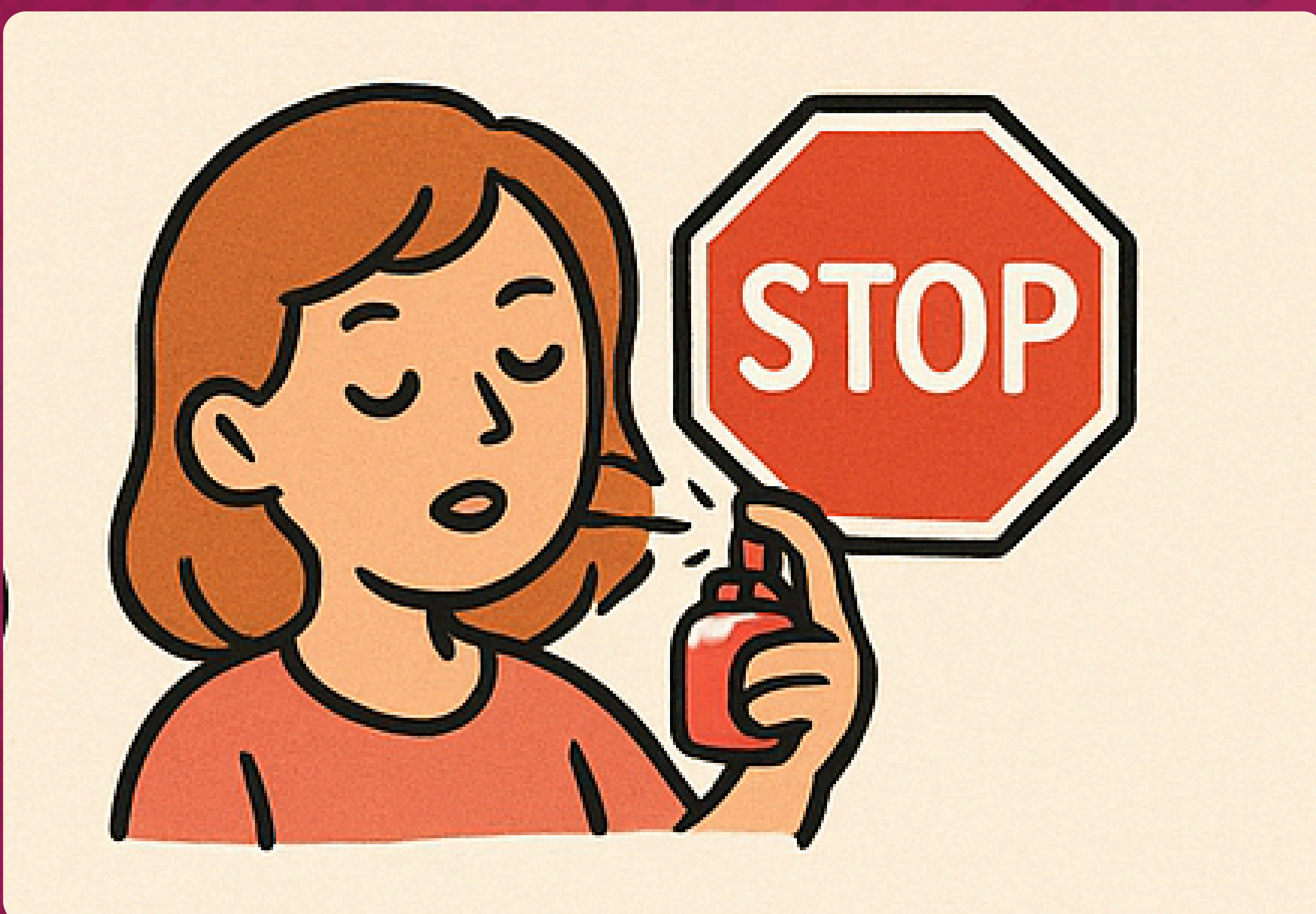
- Please ***pay attention to the date and time*** given for ovum pick up and arrive at the hospital on time. There should be no delay on arrival.
- If the ovum pickup is scheduled in the morning, **DO NOT eat or drink anything after midnight 12.00 am.** Avoid even water on the day of ovum pick up. **DO 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.





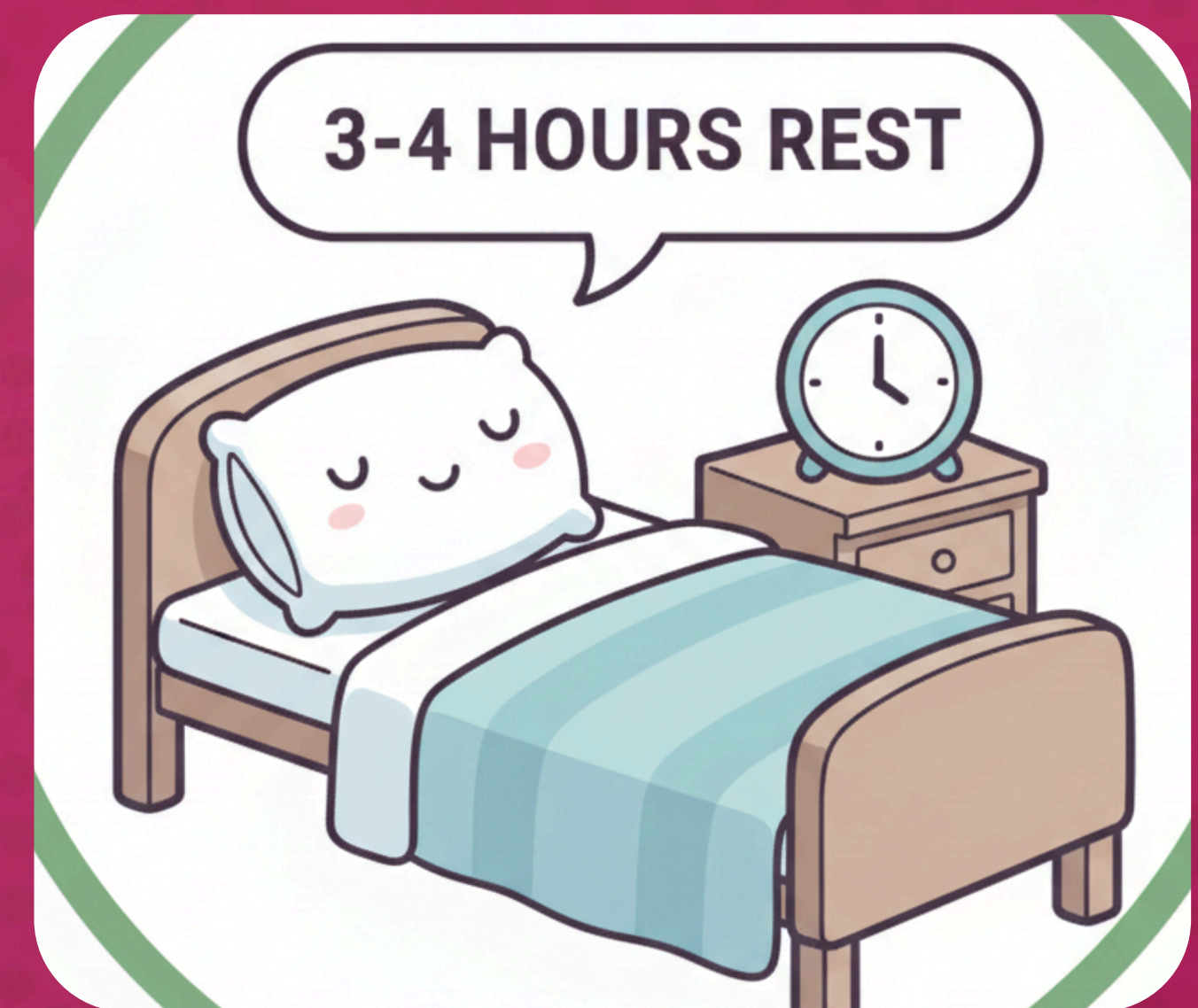
- If you are regularly taking medicines for **thyroid or blood pressure (B.P.)**, take those medicines on the day of ovum pick up with half or one sip of water only.

- **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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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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