

## IMPORTANT INFORMATION FOLLOWING EMBRYO TRANSFER

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### 1 WILL THE EMBRYOS FALL OUT IF I STAND / GO TO THE TOILET?

Walking, running, coughing, going to the toilet and sneezing does not cause an embryo to fall out.

### 2 CAN I EXERCISE POST EMBRYO TRANSFER?

We advise that you only do low impact exercises. Low impact exercises are exercises that do not put a lot of stress on your body for example walking or cycling.

### 3 CAN I GO TO WORK?

Yes, it is fine to go back to work. If you are concerned that the work you are involved in may have an effect on the outcome of your treatment, you will then need to discuss with your work place or your General Practitioner. There is no evidence that staying off work improves pregnancy success rates. We would recommend that you do not undertake any heavy lifting following your embryo transfer.

### 4 CAN I CLIMB STAIRS?

Yes, it is fine to climb stairs

### 5 CAN I DO HOUSEWORK?

Yes, it is fine to do house work

### 6 WHAT SORT OF DIET SHOULD I HAVE?

A sensible and healthy diet is advised. The British Medical Association recommends that no alcohol is consumed. You should:-

Avoid undercooked meats, raw eggs, uncooked shellfish, unpasteurised cheeses and liver and liver products eg. Pate.

### 7 HOW LONG SHOULD I BE RESTING?

There is enough medical research that proves that implantation and pregnancy rates are not affected by rest.

### 8 MEDICATION

You will be given a prescription for **Cyclogest**® pessaries. These contain the hormone progesterone which helps maintain a pregnancy in the early stages. These are all used until the pregnancy test and beyond if you become pregnant. **Cyclogest**® pessaries are taken twice a day; one in the morning and one in the evening.

Other medication may be prescribed in the form of Lubion injections 25 mgs twice daily. Continue Folic Acid – 400 micrograms and Vitamin D and B complex.

### 9 CAN WE HAVE INTERCOURSE?

There is no evidence to suggest that intercourse can cause problems but this should be avoided if there is a history of bleeding.

#### **10 CAN I TAKE PAIN KILLERS?**

If you experience any 'crampy' type pains following your embryo transfer, we advise that you take only Paracetamol as long as you are not allergic to it.

#### **11 CAN I HAVE A BATH OR SHOWER?**

Yes, it is fine to have a shower, we would not recommend having a bath or using a hot tub following embryo transfer.

#### **12 CAN I DO THE URINE PREGNANCY TEST BEFORE THE DUE TEST DATE?**

The urine pregnancy test will only give a reliable reading if done on the date given to you by the nurse on the day of Embryo Transfer. If performed earlier, it may give a false reading. You should take your home pregnancy test with your first specimen of urine on:

#### **13 ARE WE GOING TO BE REFERRED TO THE GP ONCE WE GET A POSITIVE PREGNANCY RESULT?**

Not immediately. The first pregnancy scan will be done on the unit approximately 3 weeks after you have a positive pregnancy test. If everything is fine, you will then be discharged from the Unit and you will need to see your GP to organize ante natal care.

#### **14 WHAT SHOULD I DO IF I START BLEEDING BEFORE THE PREGNANCY TEST DATE?**

You will still need to continue on the medication and do the urine pregnancy test on the date given to you.

#### **15 SHOULD I CONTINUE TAKING THE FOLIC ACID?**

Yes, it is very important that you continue taking the Folic Acid until 12 weeks of pregnancy.

#### **16 WHAT CAN I TAKE IF I FEEL CONSTIPATED?**

You will need to drink plenty of fluid and consume foods which have a high fibre content every day e.g. All-Bran, Bran Flakes. If you are still constipated despite this, then lactulose (a sugary liquid) is safe to use after embryo transfer. This can be bought over the counter at any chemist. Please try to avoid stimulant laxatives (e.g. senna)

#### **17 CAN I FLY AFTER EMBRYO TRANSFER?**

Yes you can fly but you will need to try to keep active - move around where possible and stretch your calf muscles. Make sure you keep well hydrated and avoid alcohol. However we generally suggest that after a positive pregnancy test and before your 6 week scan that you avoid long-haul flights until we know for sure that the pregnancy is developing correctly. There is always a very small risk of ectopic pregnancy which may cause no symptoms and of early miscarriage with heavy bleeding.

#### **NOTE:**

It is important to inform us about the eventual outcome of your treatment, including no live birth results.