

## **Embryo Transfer**

### *Steps to follow*

*This handout explains what to do on the day of your embryo transfer and in the 2 weeks after your transfer.*

### **On the Day of Your Embryo Transfer**

#### **Before the Transfer**

- You may eat and drink as usual.
- Shower as usual.
- Do **not** wear any scented products such as hair gel, cologne, powder, or lotion.
- You need a full bladder for the procedure. One hour before your appointment time, drink at least 4 to 5 glasses of fluid.
- Arrive 30 minutes before your appointment time.
- Bring a photo ID with you.
- Bring socks to keep your feet warm during the procedure.

#### **At the Clinic**

- Check in at University Reproductive Care (URC). The clinic is on the 4th floor of the UW Medicine building at 4245 Roosevelt Way N.E., Seattle.
- After you check in, a staff member will meet you and take you to the 1st floor procedure area.

#### **In the Procedure Area**

- You will change into a patient gown, head cover, and foot covers. You may put on socks if you brought them. You will have an ID band placed around your wrist.



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- Your partner or support person may be in the procedure room with you during the transfer. He or she will be asked to put on “scrubs,” the same clothes your healthcare providers wear. Only one person may stay with you during your transfer.
- Before the transfer, we will tell you about the status of your embryos. This will help your provider know how many embryos to recommend for transfer and to freeze (*cryopreserve*), if you choose this option. You will sign a consent form with your decisions noted on it.
- You do not need *anesthesia* (medicine to block pain) for the embryo transfer. The process is not painful.

### Right After Your Transfer

- You will rest flat on your back for 15 minutes. After that time, you may go home.
- Take your progesterone medicine as directed.

### At Home

- Do not have sexual intercourse and do not place anything except progesterone in your vagina.
- You may return to work the day of or after your embryo transfer.
- Take doxycycline and methylprednisolone as prescribed. If you were prescribed estradiol, take this as prescribed.

### In the Days After Your Embryo Transfer

- Do **not** have sexual intercourse for 2 weeks after your embryo transfer.
- You will need to have your blood drawn for a pregnancy test. The timing of this blood draw depends on the type of embryo transfer you had. You must have this blood test:
  - 12 days after a day 3 (*cleavage stage*) embryo transfer
  - 10 days after a day 5 (*blastocyst stage*) embryo transfer

Have your blood drawn in the morning. You will receive a call in the afternoon with the results and more instructions.
- If your blood test shows that you are pregnant:
  - Keep using progesterone until your 10th week of pregnancy.
  - Please keep track of your medicine supply so you do not run out. You can pick up refills at the pharmacy on the 1st floor of the UW Medicine Roosevelt building.

### Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

University Reproductive Care (URC): 206.598.4225 weekdays between 8 a.m. and 5 p.m.

After hours and on weekends or holidays, call 206.598.6190 and ask for the URC provider on call to be paged.

Website:  
<http://depts.washington.edu/obgyn/URC>