

## After Your Egg Retrieval

### Self-care at home

*This handout explains self-care after your egg retrieval. It includes what to do, what medicines to take, and when to call for help.*



*Rest at home for 24 hours after your retrieval.*

### At Home

Rest at home for the rest of the day. Have someone with you to help care for you. You may eat as usual. You may shower as desired.

### For Your Safety

You received an *anesthetic* during your egg retrieval. This medicine helped you relax, but it may affect your judgment and ability to think for a while. For your safety, **for the next 24 hours:**

- Do **not** drive.
- Do **not** use machinery or tools.
- Do **not** sign any legal documents or make important decisions.
- Do **not** drink alcohol.
- Do **not** be responsible for children, pets, or an adult who needs care.

### What to Expect After the Procedure

- It is normal to have light vaginal bleeding or spotting for 1 to 2 days. You may use pads or panty liners. Do **not** use tampons.
- You may have some pelvic pain. If you do, you may take 650 mg of acetaminophen (Tylenol). Keep taking it every 4 to 6 hours as needed. If you need stronger pain relief, please call University Reproductive Care (URC).
- On the day after your retrieval, protect your ovaries:
  - Do **not** do any heavy or high-impact activities such as running.
  - You may walk or do other light activities that you usually do.
- For 2 weeks after your retrieval, do **not** have sexual intercourse.

## Prescription Medicines

- If you are planning a fresh transfer, take this progesterone medicine as prescribed:
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- If needed, here are the names of other medicines for you to take:
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## When to Call

**Weekdays between 8 a.m. and 5 p.m.:** Call URC at 206.598.4225.

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

- Call us if you have:
  - Heavy bleeding (soaking a full-sized sanitary pad with bright red blood in less than 1 hour)
  - Severe pain that is not eased by pain medicine
  - Nausea or vomiting that will not go away
  - Dizziness or lightheadedness
- You do not need to check your temperature unless you feel ill. Call the URC if you feel ill and have a fever higher than 100.4 F (38.3°C).
- **Call 911 right away if you have:**
  - Chest pain
  - Sudden, severe headache
  - Problems breathing or speaking
  - Weakness on one side of your body

### Questions?

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

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between 8 a.m. and 5 p.m.

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

Website:

[http://depts.washington.edu/  
obgyn/URC](http://depts.washington.edu/obgyn/URC)