

After Your Egg Retrieval Without an Embryo Transfer

Self-care at home

This handout explains self-care after your egg retrieval when it does not include an embryo transfer. It includes what to do, what medicines to take, and when to call for help.

For 24 Hours

- Rest at home for the rest of the day.
- Have someone with you to help care for you.
- 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 short while. Because of this risk, during the next 24 hours, do **not**:
 - Drive
 - Use machinery or tools
 - Drink alcohol
 - Be responsible for the care of another person
 - Make important decisions or sign any legal documents
- You may resume your regular diet right away.
- You may shower as desired.



Rest at home for the rest of the day after your egg retrieval.

What to Expect

- You may have light vaginal bleeding or spotting for 1 to 2 days after your procedure. This is normal. You may use pads or panty liners. Do **not** use tampons.
- You may have some pelvic pain after the retrieval. If you do, you may take 650 mg of acetaminophen (Tylenol and other brands). 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, it is important to protect your ovaries:
 - Do **not** do any heavy exercise 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

Doxycycline

Take your 1st dose of doxycycline in the evening on the day of your retrieval. Take it 2 times a day for 5 days. Take this medicine with food. Take all of the medicine as prescribed until the bottle is empty.

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.

University Reproductive Care:
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](http://depts.washington.edu/obgyn/URC)