

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.

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
 - Sign any legal documents or make important decisions
 - Drink alcohol
 - Be responsible for the care of another person
- You may resume your regular diet right away.
- You may shower as desired.



Rest at home for 24 hours after your retrieval. Have someone with you to help care for you.

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

Day of Your Retrieval

You will start taking 2 medicines the evening of your retrieval. Take these medicines with food. Take all of the medicine as prescribed until the bottle is empty.

- **Doxycycline:** Take your 1st dose the evening of your retrieval. Take it 2 times a day for 5 days.
- **Medrol (methylprednisolone), 16 mg:** Take your 1st dose the evening of your retrieval. Take it once a day for 5 days. This medicine can cause flushing or redness in your face. This is a common side effect.

Day After Your Retrieval

- **Progesterone:** Take this medicine as prescribed.

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

Questions?

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

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