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.

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