

## Things to remember after embryo transfer

1. Bed rest for 4 hours is advisable after embryo transfer. You can resume normal activity at home because there is no clinical evidence that prolonged bed rest increases pregnancy rate.
2. After discharge from the hospital, you can resume your daily activity. But do not do heavy chores, like lifting heavy objects, carrying a child or performing strenuous exercise.
3. Sexual intercourse is not advisable before pregnancy is confirmed, because the period of implantation is rather unstable.
4. There is no particular food restriction. It is best to use less or no oil at all in food preparation (use plant oil if you must), eat high fiber diet and you can steam, boil, toss, broil or stew them.
5. Ovarian hyperstimulation syndrome (OHSS) : In rare instances, some patients can develop this problem after receiving ovarian stimulation drugs, manifesting as mild abdominal discomfort, abdominal fullness and scanty urine. In serous cases, there may be ascitis, abdominal pain and fullness or breathing difficulty. It may take several days to recover in mild cases, but admission for observation may be necessary in severe intances. Symptoms may be prolonged for weeks in cases of pregnancy. Please return to the hospital for treatment if you experience severe abdominal fullness, breathing difficulty or decrease urine output after embryo transfer,. It is prudent to eat more protein (animal sources like egg, low fat milk, lean meat, chicken or sparerib soup but with oil removed; or plant sources like rice, noodle, beans or bean products - tofu, soybean milk, vegetarian based meat, green or red beans, cashew nuts or walnuts) to alleviate these symptoms.

### 6.Information on drugs used :

<1>HCG(2000 IU)hypodermal injection: to maintain ovarian function, to be given 3 days after embryo transfer 《8-12AM》

<2>Progestin 3 tablets taken twice a day (in the morning and at night) ◦

Side effect of oral progestin : dizziness, nausea (you can switch to intravaginal use to prevent these unpleasant symptoms) ◦

<3>Please continue your daily medications, like insulin, folic acid, progestin, and prolactin lowering agent ◦

6. Please return 10 days after embryo transfer (in the morning) for blood extraction to determine if you are pregnant. You will be informed of the result before noon of the same day ◦

**※Call the Center for Reproductive Medicine if you have any questions at TEL : 27718151 (loc.2581 or 2583)**

**※Office hours Mon - Thurs 7:30AM-4:30PM**

**Fri – Sun 7:30AM-12:00AM**