



TIPS FOR YOUR FERTILITY JOURNEY AROUND THE OVUM PICK-UP AND EMBRYO TRANSFER

Antibiotics

Please do not take any additional medication without consulting with your doctor first. We recommend that you take as little medication as possible during this time. If you are in doubt, please contact our team of doctors during our medical telephone consultation hours.

Air travel

Metal detectors at security checks in airports do not pose any threat or danger. We recommend that you do not fly for 72 hours after the embryo transfer, otherwise flights are no problem. For longer flights please consider the administration of Lovenox to prevent thrombosis.

Bedrest

Bed rest following the embryo transfer is **not necessary**. You may use the bathroom immediately after the transfer. You are also welcome to lie down in the recovery room. Extended bed rest or stopping your normal activities however does **NOT** increase your chances of pregnancy.

Bleeding around the time of the pregnancy test

In the event that you experience vaginal spotting or bleeding **before your scheduled pregnancy test**, please still go to the blood test at the designated time, as bleeding may occur even in successful pregnancies.

Bleeding after a positive pregnancy test: Please call our medical telephone consultation hour and let us know. We ask you to take a repeat blood test on the following working day in the morning (we recommend "Ihr Labor") and please inform us of the situation. An ultrasound is only possible 4 weeks after the embryo transfer as this is the earliest time when the pregnancy can be seen.

Blood thinning medication

Some patients are prescribed Lovenox or Aspirin (Thrombo Ass) as part of their treatment protocol. This medication will be paused before the ovum pick-up and **resumed on the day following the ovum pick-up** until the pregnancy test. Afterwards you will be informed on how to proceed.

Decapeptyl (injection to aid nidation)

For patients who are scheduled to receive this medication please administer yourself **one injection** subcutaneously on the 6th day after the ovum pick-up (i.e. ovum pick-up: Monday → Injection: Sunday). Please keep the injection refrigerated until this point. You may feel a tightening sensation in your abdomen following the injection. This is normal as the medication stimulates the ovaries.

Dentist (injections)

Local anaesthesia at the dentist can be given without worries.

Digestive problems

Progesterone makes the bowels slower. After the ovum pick-up it is possible that you will suffer from flatulence, constipation and bloatedness.

We recommend drinking sufficient amounts (2-2,5 liter daily), renouncing food that causes flatulence (no raw vegetables or fruit in the evening) and drinking electrolyte drinks (Gatorade, Isostar) as well as the intake of magnesium.

Driving

After the ovum pick-up your **reaction time will be severely impaired for up to 24 hours**. We recommend that your partner or a friend accompanies you home and looks after you. You are **NOT** allowed to drive or go to work! You should not drink any alcohol or take sleeping pills on the day after the ovum pick-up.

Should the progesterone medication cause tiredness or dizziness your fitness to drive will be impaired – please observe the respective package leaflet.

Longer car rides (also abroad) are no problem if sufficient resting breaks are taken (risk of thrombosis!).

Hair dyeing

Unfortunately, there are few scientific studies on the possible risks of dyeing your hair during this period. Plant-based dyeing should not be a cause for concern. However, as there is no data on chemical dyeing, we recommend you avoid such methods during this time and during pregnancy in general.

Headaches

Until the ovum pick-up the intake of pain medication is allowed (except ASPIRIN!). From the embryo transfer onward you may take one to three tablets a day of Mexalen if needed for headache relief.

Heavy Lifting

We recommend you avoid all heavy lifting.

Lovenox (see blood thinning medication)

Massage

Massages during this time should only be used for relaxation purposes. Please inform your masseur that you are currently in a fertility treatment so that he/she can adjust to the situation.

Medication

In the event that you are taking medication for a thyroid or blood pressure problem, please continue to take this medication throughout pregnancy. Please ensure that your gynecologist or general practitioner regularly monitors your prescribed medication. Patients taking cortisone are recommended to continue the medication until the first pregnancy ultrasound and discuss the further therapy with their doctor. For further information regarding medication during pregnancy we recommend the following website: <https://www.embryotox.de/arzneimittel>

If you are in doubt, please contact our team of doctors during our medical telephone consultation hours.

New cycle after negative results

After a negative pregnancy test result we offer a follow-up consultation in which the last cycle is discussed and further options for the next cycle can be decided upon. We recommend at least one cycle as a break between two attempts.

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- OBRUCA & STROHMER -

Nutrition

A balanced, nutritional diet made up of organic foods has established benefits for mother and baby. Drink sufficient fluids and reduce your intake of caffeine, energy drinks and black tea. We advise you to abstain from alcohol during the entire treatment. In addition, we recommend you supplement your diet with 0.4 mg of folic acid daily or take a suitable multivitamin tablet for the whole pregnancy (e.g. Velnatal). If you would like a nutritional consultation tailored to your individual needs, our TCM consultant Johanna Wolf is available to assist you: johanna.wolf@kinderwunschzentrum.at

Physical therapy

Please inform your physical therapist that you are in a fertility treatment and/or may be in the early stages of pregnancy.

Pregnancy test

The pregnancy test is a definitive **REQUIREMENT!** It serves as the basis for further treatment. Bleeding does not necessarily mean a negative outcome.

We recommend our cooperating laboratory ("Ihr Labor") for the blood test. We will call you on the same day in order to give you the test results. **Please be available by telephone on this day at all times!** Should you take the test on another day or in a different laboratory please let us know beforehand and send us the results when you receive them.

Pulling sensation and / or pain in the abdomen

On the day of and following the **ovum pick-up** you may experience some cramping (of the same intensity as period pains). You may take Buscopan compositum, Parkemed, Ibuprofen or Mexalen to ease these pains. Slight bleeding (of the same intensity as your period) is also normal after the ovum pick-up. You may experience a pulling or tightening sensation in the abdomen after the **embryo transfer**, as the ovaries are enlarged due to the build up of progesterone. To ease this discomfort, we recommend you drink plenty of fluids (such as Gatorade, Isostar) or take Mexalen. In case these pains do not go away in the next few days or become stronger, please contact us.

Sauna / steam bath

In the event that you regularly visited the sauna prior to your treatment cycle, there is no reason for you to discontinue it. However, you should carefully check the temperature (under 70°C) in order to ensure that your circulation is not compromised. You should also ensure that you drink plenty of fluids, to compensate for what you lose in the sauna. Steam baths do not present any cause for concern.

Sexual Intercourse

We recommend you abstain from sexual intercourse on the day of the ovum pick-up in order to minimize the risks of infection. Otherwise you may resume sexual intercourse if you feel physically and emotionally up to it. There have been suggestions that sexual intercourse may support the implantation of the embryo(s). Please keep in mind the abstinence period for the sperm delivery.

Sport

On the day of the ovum pick-up and embryo transfer and the day after you should minimize sports activities to light walking. After this time sport is always beneficial to a pregnancy if you consider the following: heart rate should not be more than 135–140 as well as sufficient fluid and calorie intake.

Please avoid injury-prone sports. Competitive sports, contests and diving with compressed air tanks is forbidden. Snorkeling is possible. Weight training and other sports such as Pilates and Yoga are only allowed if you refrain from doing crunches. Recommended sports are e.g. swimming, hiking, walking, jogging in the aerobic metabolism, gymnastics and Tai-Chi, belly dancing.

Swimming / thermal spa

Swimming in lakes, swimming pools or in the sea is no problem but please not on the day of the ovum pick-up or embryo transfer.

In thermal spas and whirlpools there is always the risk that the warm water acts as an ideal breeding ground for bacteria. Thus we do not recommend it.

Utrogestan / Arefam

You should take the progesterone support until your blood test, and in the event that the test is positive, you will continue this medication until the 12th week of pregnancy.

Utrogestan/Arefam should be inserted **into the vagina**. Please do not be concerned that the information in the packet instructs you to take the tablets orally. We have made a conscious decision for them to be administered vaginally. You would experience extreme fatigue if you were to take the tablets orally, due to the high dosage. It is normal that some of the medication may "leak out" as a white discharge after you insert it. Please do not be concerned that the information in the packets states that Utrogestan should not be taken during pregnancy. We have prescribed this medication as it provides support in early pregnancy.

Vaccinations

We recommend you do not receive any further vaccinations after the start of stimulation, as there is too little available information on their effect on your immunity and implantation. Medical exceptions which may require a vaccination include: Tetanus or FSME.

X-rays

...are not recommended from the embryo transfer onward and should only be conducted in cases of urgent medical indication. If you are in doubt, please contact our team of doctors during our medical telephone consultation hours.

Yeast Infection

Due to shifts in your hormone levels and the vaginal suppositories you may be prescribed, you may be more susceptible to yeast infections at this time. As a preventative measure you can use "DöderleinMed" capsules. In case you have a severe yeast infection, we recommend a course of the Canesten-Combi Therapy (cream and vaginal suppositories). Please do not be alarmed that the package leaflet does not recommend usage in pregnancy. If you are in doubt, please contact our team of doctors during our medical telephone consultation hours.

■ during stimulation ■ before ovum pick-up
■ before embryo transfer ■ before hCG test