

For Injection

1. Inj. Lupride 1ml with 1ml insulin syringe daily in arms / thigh muscles from day 21st under sterile condition between 11 am – 2pm.
2. Contact us on 2nd day of menstrual cycle.
3. Do not discontinue the injection till instructed by the doctor.
4. Keep the injection in refrigerator but not in the freezer section.
5. To carry the injection using coolant box.

Before Ovum Pickup

1. Please reach before time of Ovum pick up.
2. Do not eat before 10 pm the day before Ovum pick up.
3. Increase fluid intake to prevent constipation.
4. Do not use any perfume / cologne / scented lotion / powder.
5. Do not wear any make up / lipstick / nail polish.
6. To clean and remove hairs from private parts.
7. Do not bring any valuables / accessories.
8. Bring all the documents on the day of egg collection.
9. Husband to accompany his wife on the day of pick up and to give semen sample.
10. To pass the urine before the procedure.
11. Do not smoke before ovum pick up for at least 12 hours.
12. Inform the doctor if you are allergic to anything or wearing dentures.

After Ovum Pickup

1. You need to have a responsible attendant for assistance.
2. Do not drive car or operate machine or power tools after ovum pick – up for 24 hrs.
3. Do not have X-Rays.
4. Do take medications as prescribed by the doctors.
5. You can take paracetamol / buscopan in case of fever or pain but do not take any medicine without doctor consultation.
6. Do not have sexual intercourse till pregnancy is confirmed.
7. You can have slight spotting after pickup.
8. Take liquid diet on the day of ovum pickup and after that you can take normal diet.
9. Do not consume alcohol in next 48 hrs.

DIET

BEFORE you start your IVF Cycle

- Eat a balanced diet.
- Exercise in moderation.
- Reach a healthy weight. A BMI over 30 could affect the outcome of your cycle in a negative way. An ideal BMI is between 20 and 25.
- Try to avoid caffeine or reduce it to 1-2 caffeinated beverages a day.
- Do not smoke.
- Avoid alcohol or limit your alcohol intake to ½ a glass of red wine a day maximum.

DURING your IVF Cycle

- Continue eating a well balanced diet.
- Try to reduce caffeine to 1-2 caffeinated beverages a day.
- Make sure you get adequate sleep: a minimum of 8 hours.
- Continue light to moderate exercise.
- Don't smoke (male and female).
- Don't drink alcohol (male and female).
- Don't diet during treatment (losing 10% or more of your body weight can compromise the end result of your cycle). But do diet before if your BMI is greater than 30.
- Don't take any medication, even over-the-counter drugs like allergy or cold medication, without talking to your Consultant about it.
- Extreme heat can reduce fertility in both partners.
- Drink lots of water, especially during stimulation.
- Last but not least, try not to stress and be positive. High stress levels are known to reduce fertility in both men and women and compromise the outcome of an IVF cycle.

AFTER the Embryo Transfer

- Don't eat food older than 12 hours.
- Avoid excessive exercise. Don't overdo it.
- Moderate walking is a great exercise during the 2 week wait.
- Make sure you get adequate sleep.
- Do not lift anything heavy.
- Drink lots of water to prevent constipation. Water is also crucial for cell development.
- Extreme heat can reduce fertility in both partners.
- Practice relaxation techniques like meditation, breathing exercises, acupuncture or yoga postures that improve fertility. What's important here is to do what you enjoy and what helps you relax. Some research suggests that lowering stress levels may improve IVF success rates.
- Think POSITIVE!!!!

HUSBAND FOR SEMEN SAMPLING

1. Avoid intercourse for 5-7 days or as instructed by the doctor.
2. The semen must be collected by masturbation only.
3. To prevent contamination, hands and penis must be washed thoroughly before collection.
4. The container should be properly labeled on the side of the cap.

BEFORE EMBRYO TRANSFER

1. Reach hospital before time for embryo transfer.
2. Patient can have light breakfast on the day of transfer unless you are specially instructed to visit empty stomach.
3. Take medication as prescribed by the doctor.
4. Not to pass urine at least 1-2 hours before embryo transfer.
5. Avoid heavy weight lifting.

AFTER EMBRYO TRANSFER

1. Avoid strenuous activity and try to be mentally and physically relaxed.
2. Rest for few days is preferred. You may walk inside the house.
3. Drink more fluids. Take semi – solid diet on the day of transfer and normal diet later on.
4. Some patients experience cramping and brownish spotting during the time between transfer and pregnancy test which is normal.
5. If the body temperature is above 100 degree please inform the doctor.
6. You may experience pulling sensation in the lower abdomen due to the ovarian stimulation which is normal.
7. Contact the doctor, if you have difficulty in passing urine / stool or you have vomiting or any unusual complaints.
8. There is nothing specific that we can do to increase the chance of pregnancy.
9. Patient should not drive on the day of Embryo Transfer.
10. Patient can use washroom after 2 hours of embryo transfer.
11. Patient should avoid spicy and oily food.
12. Patient should avoid intercourse for next 25 days.

What to avoid

1. Don't drive self.
2. Don't pick heavy load.
3. Don't take medicine prior to doctor consultation.
4. Don't follow X-ray or any kind of scan.