



1 GETTING READY FOR YOUR EGG RECOVERY

When the nurse phones you to confirm the details of your egg recovery please fill in the details below:

Egg Recovery Appointment	Date: _____	Time: _____
Take your final Buserelin injection	Date: _____	Time: _____
Take your final Menopur/Gonal F injection	Date: _____	Time: _____
Take your Ovitrelle (final injection to release the eggs)	Date: _____	Time: _____
No food after	Date: _____	Time: _____
No fluids after	Date: _____	Time: _____
Paracetamol (1gm)	Date: _____	Time: _____
Ibuprofen (400mgs)	Date: _____	Time: _____

2 AT HOME BEFORE YOUR EGG RECOVERY

As the egg recovery takes place in a clinical procedure room and to minimise particle movement and contamination we would ask that both you and your partner:

- Have a bath or a shower using only non-perfumed products
- Remove all cosmetics
- Wear no talcum powder, hair sprays, nail polish, deodorants, perfume/aftershave
- Remove all jewellery, only wear wedding rings
- Bring a sanitary towel (it is normal to have a little bleeding after egg recovery)

We would request that all valuables are left at home as the unit cannot accept responsibility for them during this procedure and bags cannot be taken into the procedure room.

We would ask that you make alternative childcare arrangements and do not bring children to your procedure room appointments.

3 ARRIVING AT THE UNIT FOR EGG RECOVERY

Please report to the day ward (on the second floor) thirty minutes before your scheduled egg recovery time.

- You will be asked to change in to a hospital gown and if your partner is going into the procedure room they will be asked to wear theatre greens with overshoes. Both of you will be required to wear a theatre hat.
- If either of you have skin conditions such as dermatitis, sunburn, bad dandruff or respiratory conditions such as coughing, sneezing caused by colds, flu or allergies please speak to the nursing staff.
- A nursing assistant will check your details before you go in to the procedure room and place a name band on your wrist.
- If required the man will be asked to produce a semen sample and should therefore have between 3 – 7 days abstinence prior to egg recovery.

4 AFTER THE EGG RECOVERY

On return to the day ward the nursing staff will monitor you until you recover from the procedure. After resting you can have a drink and a snack. Once ready and comfortable you are discharged home approximately 1-2 hours later.