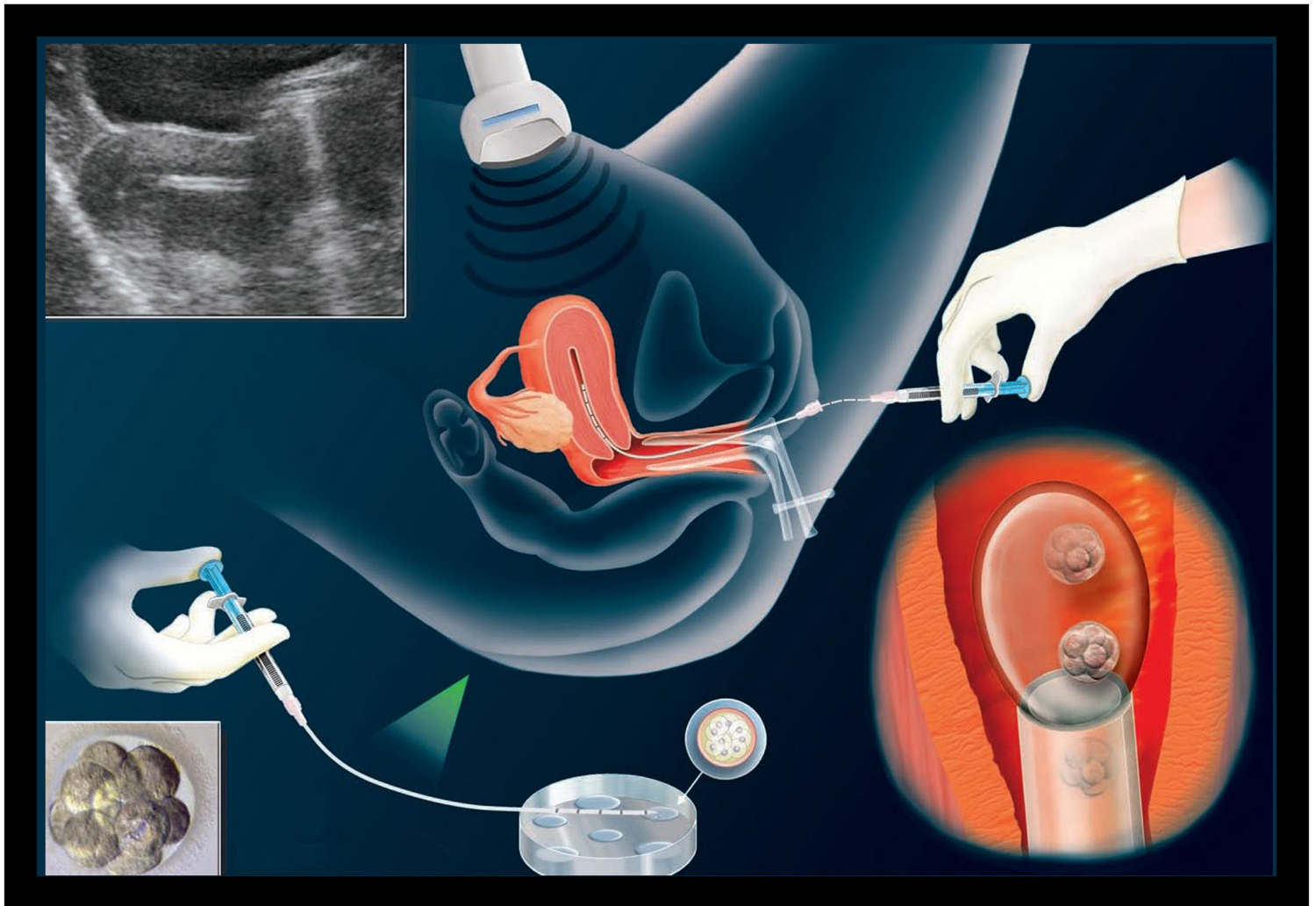


# IHR

## Embryo Transfer



- ▶ *Embryo Transfer (ET) is the process of placing of embryos inside uterine cavity. This is final step of IVF procedure.*
- ▶ *Embryo is loaded in a fine soft catheter. Under Ultra Sound guidance the catheter is advanced to the middle of the uterine cavity and the embryo is discharged.*
- ▶ *The ET is a painless procedure. In most cases anesthesia is not required.*
- ▶ *Patient can go home within 30 minutes of ET. Embryo stays in the uterine cavity by surface tension. **Rest is not essential after ET.***

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# Embryo Transfer

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## INSTRUCTIONS FOR PATIENTS AFTER EMBRYO TRANSFER

1. You should rest for half an hour (30 minutes) following Embryo Transfer, before leaving IHR.
2. There may be vaginal discharge after ET. This is because of medicine which is used vaginally. There is nothing to worry about it.
3. You must take all the medicines prescribed on your prescription. Do not take any other medicine after ET other than prescribed medicines. Consult us if necessary.
4. If you are on any medicine since before, such as for thyroid, hypertension, diabetes, cardiac disease etc, consult your doctor for continue use or stoppage of medicine.
5. You should drink 2-3 liters of water per day. This will improve your blood circulation. Avoid constipation. Eat 4-5 times a day and have small meals. If constipated take Isabgol granules (2 tablespoon full with milk or water) or Duphalac -20 ml twice daily. **Use of Indian toilet is not prohibited.**
6. Avoid consuming food which may upset the digestive system and causing diarrhoea such as spicy/fatty food and soya milk. Consume more fruits and vegetables in order to help improve functions of your digestive system
7. For 3 to 4 days following embryo transfer avoid carrying heavy items, like bucket full of clothes and water, hard exercise / hard work, travelling long distances, driving for long periods, frequent climbing ladders or steps .
8. You can freely do your daily routine like going to toilet / taking bath / walking / sitting, watching television, reading books etc.
9. If you catch cold and cough do warm saline gurgles and inhale steam 4-6 times a day. Inform your doctor if you have no relief.
10. In the event of vaginal bleeding ,do not stop your injections /medications until you have been advised by the doctor.
11. We recommend you to abstain from sexual intercourse until you have received the results of your pregnancy test. If you are pregnant, continue to abstain for 6-8 weeks.
12. Blood sample can be sent in heparinised tube (available at IHR pharmacy) labelled with your full name and date of sample. The tube can be carried in pocket. There is no need of any cooling.
13. Use of perfumes, deodorant, pesticides should be avoided.
14. Do not use two wheelers like Bicycle, Motorcycle, Scooter for travelling. You can travel by four wheelers, Front seat of bus, train, plane.
15. You can sleep in any position whatever is comfortable for you.
16. Avoid stress or undue worry since this will cause hormonal imbalance and reduce the chance of successful embryo implantation and pregnancy.