FREQUENTLY ASKED QUESTIONS

May I go on vacation (or business trip, family reunion…) ?

An IVF cycle requires time and commitment so please don’t plan any time away from the area. If you must travel, it may be necessary to postpone doing IVF.

May I exercise?

We are asking for your ovaries to work overtime; do not exercise once you start stimulation.

Will stress have an impact on the success of my cycle?

Excessive stress may affect the success of IVF and, of course, infertility and IVF care is stressful. It is best to proceed with this treatment at a time when you have the least outside stress in your life. This may mean postponing IVF. Please refer to the “Resource” section in this binder.

May I drink alcoholic beverages?

Once you start stimulation we ask that both of you refrain from drinking alcohol.

What can I take if I have a headache (backache…)?

Do not take no steroidal anti-inflammatory drugs(Advil, Ibuprofen, Aleve…) but Tylenol is fine. (You may take low dose aspirin (81mg) or baby aspirin if it is part of your protocol)

What if I am currently on medications prescribed by another doctor?

It is extremely important that we are aware of any medications that you, and your spouse are taking in order for us to provide the safest, and most effective care possible.

I am currently taking herbs and supplements, may I continue?

You and your husband must discontinue herbs and supplements at the time you begin IVF medications.

Can I take __________________________ for __________________________?

Enclosed in this binder is a list of medications that are safe to take during pregnancy. These medications are generally safe to take during an IVF cycle. If in doubt, ask.
When in the IVF treatment should we stop having intercourse?

Intercourse is fine for most patients throughout IVF. Intercourse should stop 2-5 days prior to the egg retrieval through the time of the pregnancy test. If you make a large amount of follicles or are uncomfortable, you are advised to refrain from intercourse at that time. We ask the husband to abstain from ejaculation 2-5 days prior to retrieval.

Will my doctor be doing the IVF procedures?

Although you have a primary physician with CRM the doctors practice IVF in a daily rotation. The doctors closely communicate with one another regarding patient care.

How will I know how my IVF cycle is progressing?

Your response to the medications will be monitored with frequent (possible daily) vaginal ultrasounds and hormone blood tests. Fasting or a full bladder is not required; we prefer an empty bladder and a happy stomach. We need you to be flexible to accommodate these appointments which usually occur between 7:30 and 9:00 am.

When will I get the results from my monitoring?

Whenever you come in for monitoring, you will receive a phone call with results and further instructions. We will contact you by 5:00 pm (3:00 pm on Fridays).

How will I know what to expect for the egg retrieval and embryo transfer?

You will come in for a pre-op appointment the day before the retrieval to meet with the physician and one of our nurses. You will be given very detailed information and instructions.

How many embryo’s will be transferred?

The day of the transfer, the doctor will discuss the development of the embryos with you. At this time the number of embryos to be transferred will be recommended.

How do I know if I am pregnant?

You will come in for a blood pregnancy test (beta hcg) approximately 14-17 days after retrieval/transfer. We will call you with the results the same day. It is important for you to continue your IVF medications until the time of this mandatory blood test even if you begin bleeding. Some women do bleed in pregnancy.
What if I am pregnant?

If your test is positive, you will stay on your IVF medications and return for another pregnancy test 2-3 days later. We like to see an appropriate rise in this level. Three weeks later (7-8 weeks gestation) you will return to CRM for a gestational ultrasound. You are then ready to graduate to your OB!

What if I am not pregnant?

If your pregnancy test is negative, you will be instructed to discontinue your IVF medications. You will begin menses one to several days thereafter. You will follow-up for a consultation with your doctor to review the cycle, discuss possible additional testing and what might be done differently if you were to do another IVF cycle.

How soon can I do another IVF cycle?

We ask that you take a month off to give your body a rest.