



REMINDERS

Some important things to keep in mind while going through your IVF cycle

- If it is after hours or on the weekends you will be getting phone calls from a coordinator with a blocked number, please accept it.
- Please keep your preferred number available at all times on the days you come in for blood work and ultrasounds. It is critical that you are available to discuss any changes, if needed in your care.
- Do not start or stop any medications unless you are instructed to. You are going to receive medications that are not on your calendar. Store them and we will instruct you on when to start and stop everything.
- It is your responsibility to order refills on your medications. If you are running low, and are requiring more than initially ordered, please call the pharmacy where you received them. Always keep in mind that they do not ship on Sunday's and all major holidays, so plan accordingly.
- If you are unable to receive your medications in time, we have an emergency supply in our Idaho Fertility Center office. Upon leaving the office your credit card will be charged for the medications you purchased, and there is a \$15 shipping fee on every order.
- If you are doing any of your ultrasounds or blood work at another facility please go early (before 10:00 a.m.), and let your coordinator know where the testing was completed so she can follow up, and get those results to your doctor.
- All Estradiol (E2's) and ultrasounds **NEED** to result the same day you get them done. Please come to our Idaho Office for these if same day results are not available at another facility.

We are excited to join you on this journey. We understand this is a lot of information, and at times can be very intimidating. Please don't hesitate reaching out to your coordinator with any questions or concerns. We want to make this as smooth as possible, and by following these simple things along with your calendar, we believe we can do just that.



SHOPPING LIST

Please purchase at your local pharmacy:

- Aspirin low dose 81 mg #2 bottles
- Vinegar / Water Douche #2
- Urine pregnancy test
- **Other:** _____

We will tell you when to use all of the above.



Pre-Operative Instructions

1. Do not eat or drink anything 8 hours before your surgery. This includes no coffee, no water, no gum and no hard candy.
 - This instruction is to help protect you against aspiration (vomiting) during your anesthetic. If you have eaten or drank something then it may delay your scheduled procedure time.
 - You may have a sip of water to take any pre-op meds that we would instruct you to take.
 - Please drink at least 16 oz. of Light Gatorade, Light Power Ade or Smart Water the night before to ensure you are well hydrated for more comfortable IV placement.
2. You will need a ride to and from your procedure. We also ask that you have someone stay with you for the day just to ensure your safety.
3. Wear comfortable clothes as well as socks for easier transitions. Please wear NO makeup, perfume or contacts to your procedure.
4. If you use an inhaler for any reason please bring it with you the day of procedure and give to anesthesia team before any anesthesia is given.
5. **Intermountain Anesthesia** will be providing your anesthesia care. When you are scheduled, a member of the anesthesia team will call you the night before your procedure to discuss your medical history, the anesthetic plan and payment. Please call 208-557-8297 if you have not heard from the anesthesia team by 8 pm the night before your scheduled day. It is possible they may have an incorrect number for you.
6. **Fees:** In rare circumstances insurance may be billed for services. In most cases you will be responsible to pay for your anesthetic on the day of your procedure. Anesthesia fees can be paid by cash or credit card. Personal checks are not accepted. If you have questions regarding insurance billing for anesthesia services please contact Intermountain Anesthesia at 208-557-8297.



PRE-OPERATIVE INSTRUCTIONS

Pre-Operative Instructions—Utah Retrievals

1. Do not eat or drink anything 8 hours before your surgery. This includes no coffee, no water, no gum and no hard candy.
 - This instruction is to help protect you from aspiration (vomiting) during your anesthesia.
 - You may have a sip of water if needed to take any necessary medications prior to your procedure.
 - Please drink at least 16 oz. of Light Gatorade, Light Power Ade or Smart Water the night before to insure you are well hydrated for more comfortable IV placement.
2. You will need a ride to and from your procedure. We also ask that you have someone stay with you for the day and to ensure your safety.
3. Wear comfortable clothes. Please wear NO makeup, perfume or contacts to your procedure.
4. If you use an inhaler for any reason please bring it with you the day of procedure and give to anesthesia team before your procedure.
5. **Worthen Anesthesia** will be providing your anesthesia care. A certified Registered Nurse Anesthetist (CRNA) from the anesthesia team will call you the night before your procedure to discuss your medical history, the anesthesia plan and payment. Please call (801)472-2792 if you have not heard from the anesthesia team by 9 pm the night prior to your procedure as they may have an incorrect phone number for you.
6. **Fees:** In rare circumstances insurance may be billed for services. In most cases you will be responsible to pay for your anesthetic care on the day of your procedure. Anesthesia fees can be paid by cash or credit card. Personal checks are not accepted. If you have questions regarding insurance billing for anesthesia services please contact Russell Worthen, CRNA with Worthen Associates (801)472-2792.
7. Please expect a phone call from the anesthesia team the evening after procedure to ensure you are recovering well.

If you have any further question or concerns please call our office (801)785-5100 or Russell Worthen, CRNA with Worthen Anesthesia at (801)472-2792.



HCG TRIGGER INSTRUCTIONS FOR IVF

hCG TRIGGER INSTRUCTIONS for IVF

Name: _____

DATE	TIME	
DAY OF HCG TRIGGER		
		Blood draw– E2
		**“Trigger shot”: HCG (pregnyl, novarel) _____ IU subcutaneous
		All other injections may be discontinued after trigger shot
DAY AFTER HCG TRIGGER		
	AM	Urine Pregnancy Test (Should be positive with both light pink and dark pink line) Call office with results
	AM	Ciprofloxacin for male partner if planning fresh collection
	PM	Review medical history with anesthesia over the phone
	PM	Vinegar & water douche at bed-time
DAY OF EGG RETRIEVAL		
	AM	Vinegar & water douche before coming to the clinic
		Check in time for egg retrieval
		Semen Specimen (if applicable—remember 2 days of abstinence is preferable) - to be dropped off within one hour of collection
		Time of egg retrieval (36 hours after trigger shot)
		After the retrieval, you will be given additional instructions for other medications (progesterone) if applicable

PRE-PROCEDURE INSTRUCTIONS:

1. To prevent constipation associated with surgical procedures, eat high fiber foods and increase fluids, including fruit nectars and/or other natural laxatives, prior to surgery.
2. DO NOT eat or drink anything for 8 hours prior to the time of your sedation.
3. Remove all make-up and contact lenses. No scented perfumes or lotions.
4. Wear comfortable clothing and socks.