



## Instructions after Embryo Transfer

Rest for 24 hours after embryo transfer. You should avoid optional activities during this time.

Please do not exercise, have sex or lift anything greater than fifteen pounds for the next two weeks.

You may shower, but avoid baths, douching or swimming for the next two weeks.

Continue to take your prednisone and doxycycline until you finish all of the medication.

Continue to take your prenatal vitamin, progesterone and aspirin daily.

Return for your estrogen and progesterone test on \_\_\_\_\_

Return for your pregnancy test on \_\_\_\_\_

**Good Luck!**