

This instruction is intended for our patients who are in a care relationship. The Wellbeing Services County of South West Finland. Turku University Hospital.

Ovum pick up and embryo transfer

In IVF treatment, the ovarian follicles that have been grown using hormonal stimulation treatment are retrieved through an Ovum Pick Up procedure (OPU). Mature follicles are extracted from the collected follicular fluid in the Fertility Laboratory, after which they are fertilized using IVF (in vitro fertilization) and/or ICSI (microinjection).

Preparing for the procedure

On the morning of the procedure, you can eat a light breakfast at home, unless otherwise instructed. **Take 1 gram of paracetamol as a premedication.** Dress in comfortable clothes on the day of the procedure and leave your valuables at home.

Arrive at the Gynaecological outpatient clinic at the appointed time. You can wear your own clothes during the procedure.

Providing the semen sample, see separate instructions: [Semen sample for fertilization](#).

Ovum Pick Up procedure

The ovarian follicles are emptied vaginally, using ultrasound guidance. Before the procedure, pain medication is administered through an intravenous catheter, and, if necessary, local anaesthesia is administered into the vaginal fornix. It is also possible to receive more pain medication during the procedure if needed. The procedure lasts for 5 to 15 minutes, depending on the amount of follicles.

After the procedure

After the procedure, you can rest in the recovery area and receive more pain medication if necessary. You will find out the number of collected follicles when you get your home care instructions. You can leave the hospital when you feel well enough to do so. Because intravenous pain medication is used during the procedure, you are **not allowed to drive a car or other motor** vehicle on the day of the procedure. If you wish, you can use the Kela taxi service. Sick leave is usually prescribed for two days.

You will find the number of fertilized embryos on the secure Health Village's My Path service channel a day after the ovum pickup procedure.

Home care instructions before and after follicular puncture

In the final stages of the stimulation treatment, swelling of the lower abdomen and the sensations of pressure will increase. This is caused by the increased size and swelling of the ovaries. In addition, you may experience mild pain. **After the follicular puncture procedure**, you can experience pain similar to menstrual pains. Lower abdominal swelling and the sensations of pressure will ease in a few weeks.

Pain management

Make sure that you have over the counter **paracetamol 1 gram** pain medication at home (maximum dosage 3 grams / day). Avoid using anti-inflammatory pain relievers, because they can affect the structure of the endometrium.

Exercise

Before the procedure, **avoid strenuous exercise due to the risk of ovarian torsion**. After the procedure, strenuous exercise is forbidden for **about two weeks**. We recommend walking as a good form of exercise during this period.

Hydration

Consuming plenty of fluids will accelerate the recovery of the ovaries. Make sure that you drink enough fluids, about 3 to 4 litres per day. Consume some fluids in the form of mineral water, juice, soups etc.

Folic acid supplementation (0.4 milligrams, meaning 400 micrograms per day)

We recommend that you use a vitamin supplement to ensure that you get enough folic acid. Green vegetables and whole-wheat breads contain folic acid as well.

Risk of infection

After the follicular puncture and embryo transfer procedures, **avoid intercourse**, going to the sauna, bathing in a bathtub, and swimming **for a few days**, due to the risk of infection.

Embryo transfer

The embryo transfer, or ET for short, is most commonly performed on the 3rd or 5th day after the follicular puncture procedure. This is when we know the number and quality of the fertilized embryos. If any embryos have been frozen, you will also learn the number of frozen embryos during this appointment. If fresh embryo transfer is not carried out, or if the decision to freeze the embryos has not yet been made, you can ask about the frozen embryos through your digital care pathway 6 days after the ovum pick up procedure at the earliest.

Make sure your **bladder is full when you arrive** at the appointment: a full bladder facilitates the insertion of the embryo transfer catheter to the uterine cavity through the cervical canal. Usually, the embryos are transferred one at a time. During the transfer, an abdominal ultrasound is used to ensure that the embryo is placed correctly in the uterine cavity.

Starting the luteal hormone therapy

The purpose of the luteal hormone therapy is to make sure that the endometrium is favourable for the development of the embryo. **After the embryo transfer, start the luteal hormone therapy according to the instructions provided for you, see treatment chart. Continue the hormone treatment until the pregnancy test.**

- **Lugesteron® 100 mg vaginal capsules**, 3 capsules in the morning and 3 in the evening (6 capsules a day). This medicine might not be suitable for patients with nut allergies.
- **Crinone® vaginal cream**, 1 suppository in the morning and 1 in the evening (2 doses a day).
- **Lutinus® 100mg vaginal suppositories**, 1 suppository in the morning, 1 during the day and 1 in the evening (3 suppositories a day).
- **Terolut® 100mg tablets by mouth**, 1 tablet in the morning and 2 tablets in the evening (3 tablets a day).
- **Cyclogest® 400mg vaginal suppositories**, 1 suppository in the morning and one in the evening (2 suppositories a day).

Pregnancy test and follow-up

Take a pregnancy urine test when the embryonic age is 16 days, the nurse will tell you the date. Report the pregnancy test result to the infertility nurse.

- **If the pregnancy urine test is positive:** An appointment for a pregnancy ultrasound will be scheduled for you (at 8 weeks of gestation).
- **If the pregnancy urine test is negative:** An appointment will be scheduled for you for formulating a new treatment plan, or, if embryos have been frozen, you will receive instructions for frozen embryo transfer.

All communication can be done through the My path -channel. The fertility outpatient clinic staff is not available during the weekends.

In urgent matters outside the fertility clinic's office hours, contact phone 02 313 1322.