

Information for patients following embryo transfer

This leaflet contains information which you may find helpful following the embryo transfer procedure.

The lining of the uterus is convoluted, and the embryo is placed close to this lining. There is no risk of the embryo “falling out”. You can safely empty your bladder and go home immediately after the transfer. It is not necessary to rest lying down.

Your treatment summary letter gives you details of the cycle and whether any embryos have been frozen and stored for future treatment.

If you have had eggs collected in this treatment cycle it is common to experience some bleeding and pain for 2 – 3 days. Paracetamol may be taken to ease any discomfort.

Following embryo transfer there are no strict guidelines. It is advisable not to do anything too strenuous and to avoid saunas and hot baths, which would raise your body temperature. You should avoid exposure to ionising radiation (X rays) or volatile chemicals (e.g. petrol, paint).

Hormone support of pregnancy: To support the early implantation of the embryo you will have been prescribed progesterone gel, pessaries, or injections. It is important to continue this until the results of the pregnancy test are known. Progesterone can cause abdominal bloating and constipation due to its effects on the bowel. It can also cause fluid retention, headaches, and breast tenderness. You should maintain a high fluid intake to help minimise these side effects. If you are worried about the amount of discomfort, bleeding or bloating that you are experiencing you should contact the Nurse Coordinators.

If you should have any bleeding it is very important that you continue with your Progesterone support and attend for your pregnancy test as planned. If you are worried about yourself, please contact the Nurse Coordinators for advice. Small amounts of bleeding are common in early pregnancy, and we will not know the outcome of this treatment cycle until you have had the pregnancy blood test.

Your treatment plan will have details of when the pregnancy blood test is to be performed. You should come to the Pathology lab at Salisbury District Hospital, before 11 o'clock in the morning, where a blood sample will be taken. One of our Nurse Coordinators will contact you with the result later the same day.

If the pregnancy test is positive you should continue with your medication until you have completed 12 weeks of pregnancy. The Salisbury Fertility Centre will send a prescription to Stork Fertility Services for the drugs you require to last you up until 12 weeks of pregnancy.

If the pregnancy test is negative, we will be able to give you information about what your next steps could be.

Some women feel some pelvic symptoms or generally feel different, but many women feel no different during the wait for the blood test. Some people find this two-week waiting period emotionally difficult. If you would like support or have any queries during this time, please contact the Nurse Coordinators on 01722 417224 (24 hr answerphone).

Information about embryo photographs

We will take a photograph of the embryo(s) that are transferred at Salisbury Fertility Centre.

You are more than welcome to view the photograph of your embryo(s) during your embryo transfer procedure and to take as many photos as you wish.

Tell us how we are doing

At your embryo transfer appointment, you were given a patient feedback questionnaire. At Salisbury Fertility Centre we value patient feedback and aim to provide an outstanding experience and service to all patients. Please help us to continuously improve our service by taking some time to complete this questionnaire as fully as possible. We would be very grateful if you could return your feedback form to the centre, you can complete the form anonymously if you wish.

You can rate our clinic and share your experience by visiting the HFEA website at hfea.gov.uk and selecting Salisbury Fertility Centre

