

Advice Post Embryo Transfer

- Continue medication as advised your by doctor, this may include vaginal tablets, oral tablet, gel or injection.
- It is advisable to take some time out after embryo transfer. You can pamper yourself, avoid stress, engage in some hobby like reading, gardening, painting, meditation etc.
- It is important to keep yourself hydrated with plenty of fluids orally approximately 3 to 4 liters per day. This is because many of the IVF medications can cause constipation or dehydration.
- Eat properly washed and cooked food. Avoid junk food in your diet. Most foods are perfectly safe to enjoy, some, like raw fish, alcohol, and high mercury fish, should be avoided. Plus, some foods and beverages like coffee and foods high in sugar, should be limited to promote a healthy pregnancy. Should avoid exposure to chemicals, paints, nail polish, hair dyes any exposure to product containing BPA.

Frequently asked questions Post Embryo Transfer

■ Can I climb stairs, bend and squat after an embryo transfer?

Climbing stairs, bending and squatting does not affect the IVF outcome.

■ Should I take leave after embryo transfer?

Most women will take it easy for 2 to 3 days after embryo transfer. It is seen that the routine activities reduce the stress factor and promote healthy blood flow in the uterus. So light activities can be done after embryo transfer.

■ What position should I sleep after embryo transfer?

There is no evidence to show that there is any special sleeping position which is good for the success of the IVF. It is best to sleep in the position in which you are most comfortable. You should get at least 8 hours of rest in the night. You should avoid hot tub, steam or sauna after embryo transfer because the body temperature should be kept at normal level which is the best for embryo implantation. You can take bath with warm water but not with very hot water. You should avoid using heating pads or heat pack.

■ Can I use Indian toilet after embryo transfer?

Yes, you can use an Indian toilet after embryo transfer because squatting in the toilet will not make the embryos to fall out.

■ What fruit should you avoid after embryo transfer?

Fruits which are high in sugar like Mango, Banana should be avoided. There is the belief that unripe papaya contains enzymes like papain and pineapple contains enzymes like Bromelian which can cause uterine contraction and may be associated with miscarriage. The traditional beliefs in India are that these two fruits should be avoided after embryo transfer.

■ What foods are safe to take after Embryo Transfer?

You can eat a normal healthy diet. In vegetarian food. Take green leafy vegetables like spinach, Fenugreek (Methi), cabbage, broccoli other vegetables like beetroots, carrots, cauliflower, and capsicum. High-Fibre foods are advisable like whole wheat, sorghum (jowar) millets (bajra), nuts like berries and almonds and most fruits are safe to take after embryo transfer. Legumes, Peas (Matar) gram (Chana), Beans (Rajma), Paneer, soya, dairy products are good source of protein. Non- vegetarian food foods like chicken eggs, fish can be consumed. Avoid very spicy and fatty food and try to consume only food made me at home. Avoid outside food as it may contains excessive quantity of salt, sugar preservatives.

■ Is it normal to have spotting bleeding after Embryo Transfer?

If you have bleeding after an embryo transfer don't panic because bleeding does not always mean miscarriage or failed IVF. It can be due to implantation bleeding. However there is a risk of miscarriage, so it is advisable to follow your doctor's prescription and in case of bleeding take consult your doctor for check up and further advice.

■ Can we have sexual intercourse after Embryo Transfer?

There is no restriction for sexual intercourse, it is your personal choice. Sexual intercourse may sometimes lead to light spotting and bleeding due to highly vascular cervix which may cause emotional distress /fear of failure for the patient.