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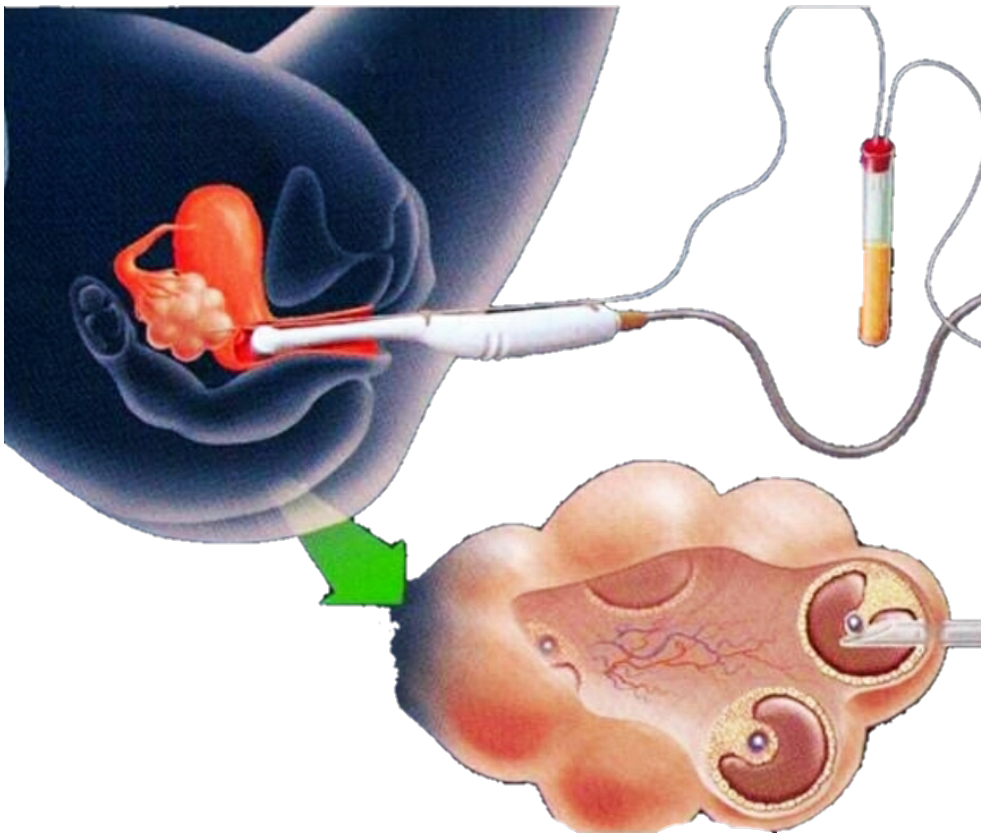
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The Day After Egg Retrieval-Self Care at Home

This document offers suggestions on how to take care of yourself after the egg retrieval procedure. It includes information about activities, medicines, and when to call for help.



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All information above has been reviewed by Gynecology specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

During this procedure, total _____ eggs were retrieved. Explained by :

1. Medications after the procedure

(1). Oral medication:

On the Day of the Egg Retrieval

Cefadroxil 500mg **Lederscon** **Trand 250mg**

Naproxen 250mg or Acetaminophen 500mg

Take the 1st dose in the evening on the day of the procedure. You will take the medicine twice a day with food for 3 days.

And “Trand” should be taken in 2 tablets once.

Days After the Egg Retrieval

Estrade 2mg **Duphaston 10mg**

You will take those medicine twice a day with food for 5 days.

Cabergoline

You will take those medicine once a day with food for 8 days.

(2). Suppository

Crinone 8% vag gel (Progesterone)

Insert 1 application-full into your vagina every morning during 6-10 AM.

(3). Intramuscular

Progesterone inj 25mg

Inject as order.

2. How to use the vaginal suppository

(1) Please keep suppository at room temperature. Do not store above 25°C. Do not freeze.

(2) First, wash your hands with soap. Hold the thick end of the applicator without opening it (NOT REMOVE THE TWIST-OFF TAB) and

slightly shake for several times so that the contents collect at the opening (the thin end) of the applicator. Twist off the tab at the thin end of the applicator to open the applicator. In a lying position with slightly bent knees, carefully insert the applicator well into your vagina, until your hand touches your body. Use the thumb and the index finger to press the air tank at the thick end of the applicator firmly to deliver the gel from the applicator into your vagina. Hold for 10 seconds. Remove the applicator. (you can refer to the instructions for use)

- (3) Lie down for about 10-15 minutes, then you can have normal activities (walking can enhance drug absorption).

3.Guidelines to Follow

1. After the procedure, it is necessary to rest and observe at the post-operative recovery room until the anesthetic effect wears off. You may be discharged then.
2. After surgery, if you don't have nausea or vomiting, you can drink water at _____; then, normal diet is allowed.
3. You might have vaginal implants
 - no gauze packing
 - gauze packing _____, please provide your signature _____ to confirm that we have removed it at _____.
4. Due to the general anesthesia, you might feel dizzy or sleepy right after the surgery; therefore, driving is not suitable for at least 24 hours. Designated driver or public transportation is highly suggested.
5. You may have cramping or vaginal spotting for a few days after the procedure. Please visit our ER or OPD if the symptoms aggravate or persist over one week.
6. Follow the instructions of the medications.

Come back to the hospital immediately if you have the following conditions:

1. Aggravating abdominal pain that isn't relieved by regular painkillers.
2. Heavy vaginal bleeding which requires frequent change of the sanitary pads.
3. Foul-smelling, greenish/ yellowish vaginal discharge.
4. Fever with chillness (over 38.3°C).
5. Questions can be raised to our medical or nursing staff at the following numbers:

Gynecology office: (04)23592525 ext. 5801

Gynecology out-patient clinic: (04)23592525 ext. 6557, 6558

Recovery room: (04)23592525 ext. 8033, 8034

Let's take the quiz to make sure you understand

1. Postoperative antibiotics must be taken according to the dose and cannot be stopped at will.

Yes No Don' t know

2. The intramuscular injection site is in the middle of the upper 1/4 of the lateral hip; on the arm, it is about 3 fingers below the peak of the deltoid muscle.

Yes No Don' t know

3. There is no need to lie down after using the vaginal suppositories, you can off-bed exercise.

Yes No Don' t know

4. Vaginal suppositories should be kept at room temperature of 25 degrees in a dark place without refrigeration.

Yes No Don' t know

5. If you heavy vaginal bleeding, no sense of urine for more than 8 hours, or less than 500.c.c of urine a day, difficulty breathing or numbness in the lower limbs, or persistent fever >38.3 degrees, you need to return to the emergency room for medical treatment immediately.

Yes No Don' t know