

Information sheet - IVF Egg Retrieval

It's time to see the results of your efforts & get all those eggs **you've** been growing for the last few weeks!

You'll be following a larger plan for your fertility & IVF generally, but here are a few extra things you can do to help yourself prepare for your egg retrieval:

- **Keep well hydrated** - For the few days prior & after your egg collection drink extra water & some coconut water. This helps to avoid dehydration for the procedure, helps your body to process all the medications and hormones you are taking, and helps you to recover quickly. If you are prone to bloating this will also help this to subside as quickly as possible. The coconut water is a good option for hydration as it also provides potassium and other electrolytes.
- **Eat a clean, healthy diet** - Nutrition is important throughout, but a reminder: Have lots of good fats, avocados, nuts, seeds, lots of fresh vegetables, a little fresh fruit, and ensure you are having adequate protein. Protein is linked to improved egg quality, improved endometrial lining, improved ovarian healing after retrieval, improved sperm quality. Regular small portions of organic, pasture raised meats, bone broths, quality dairy if you tolerate it, eggs if you tolerate them, some legumes and grains if you tolerate them.
- **Avoid Inflammatory foods** - processed foods, sugar, any foods that you have an intolerance to, or can react to to avoid inflammation. Also white bread, pasta and rice (of course) as they can contribute to ovarian hyper stimulation syndrome (OHSS).
- **Add zinc & Via C to your supplements** - A week prior start taking 1000 IU of Vitamin C per day, and a zinc supplement. These will help your body to heal after the stimulated cycle and your procedure. Vitamin C is also linked an increase in positive pregnancies in IVF cycles, but do not take excessive amounts (no more than 1000 to 2000 IU per day) as high amounts can also cause cramping and very early pregnancy loss.
- **Ensure you are taking some essential fatty acids** - If you are not already taking a high quality fish oil or DHA supplement or other essential fatty acids, start this a couple of weeks prior to egg collection. This helps both the endometrial lining and the follicles. **Don't** take rancid fish oil, it is important with this supplement to take a high quality oil.
- **Castor Oil Packs** - Do castor oil packs in the lead up, do your last one 2 days prior to egg collection, then recommence 3 days after the pick up if you feel you have healed well. If you are still quite tender, leave it an extra day or 2. If you have not been doing any castor oil packs as part of your preparation, these may not be necessary.
- **Meditation & relaxation** - Do your relaxation or meditation practice regularly both in the lead up and after your procedure. The effect of stress on fertility is profound, so use all your stress reduction techniques regularly.
- **Acupuncture** - reduces the effect of stress on the body and can activate the relaxation response, it will also increase circulation in the abdomen, reduce inflammation, help to balance some of those crazy IVF hormones, and moderate your immune system.
- **REST** - If possible take a day or 2 off after the transfer to be really gentle with yourself and quiet. Rest is completely underrated and undervalued in our culture, **it's** SUPER IMPORTANT! Go to bed with a good book for a day or 2.
- Do not swim, have a bath, do vigorous exercise for a few days after your procedure.
- Keep your abdomen and lower back warm and covered at all times.
- If you feel worse after egg retrieval and have symptoms of OHSS like abdominal distention, ovarian pain, nausea, vomiting, diarrhoea, you need to contact your doctor immediately and take your herbs.