



OriginElle

Fertility Clinic & Women's Health Centre



AFTER YOUR EGG DONATION

It is possible that you experience some discomfort in the abdomen. Therefore, it is advisable to take Tylenol for pain relief. In this regard, you can ask your doctor to prescribe Tylenol containing codeine. You should be able to resume normal activities the day after your egg retrieval, however, it is advisable to avoid all strenuous activities.

The anesthesia you have had may cause some nausea after the procedure. We recommend that you to eat lightly for the rest of the day and avoid too spicy and/or too greasy foods until your recovery. Please inform OriginElle Clinic if you experience symptoms longer than one day.

You may also experience some blood loss following your collection. Normally, this will decrease and should stop within 48 hours of your collection. Please inform the OriginElle Clinic if bleeding persists, becomes increasingly heavy, or becomes foul smelling.

Infection is uncommon but it is important that you are aware of symptoms: fever and/or persistent, increasing abdominal pain. To minimize the risk of vaginal infections, avoid sexual intercourse, use of tampons, vaginal douches, tub baths (showers are fine) and/or swimming for a week. Indeed, during this time of healing, you will be vulnerable to infections from bacteria entering the vagina.

Finally, be aware that symptoms such as continuing nausea, vomiting, diarrhea or concentrated urine (dark yellow) are abnormal. You should therefore contact the Clinic OriginElle if you experience one of these. Remember, you are very fertile at this time. Therefore, use a reliable contraceptive until your next menstrual cycle.

Follow up after your egg retrieval

You should arrange for an ultrasound and examination by your doctor one week after your egg retrieval. By cons, if before that time, you have any concerns about symptoms you may be experiencing, don't hesitate to call OriginElle Clinic at 514.369.0688.