

IVF: Aspiration & Embryo Transfer Pre-Operative Instructions

Please review carefully. Failure to follow these instructions may result in your procedure being delayed, cancelled, or rescheduled.

1. Eating & Drinking
 - **Aspiration:** Nothing to eat or drink after midnight the night before surgery (including water).
 - **Embryo Transfer:** You may eat lightly prior to the procedure. Drink 16–32 oz of fluids as directed.
2. **Arrive at your assigned arrival time.** We will contact you with this information.
3. Enter through the Surgery Center front door and press the lobby button to alert staff of your arrival.
4. Wear loose, comfortable clothing. Storage space is limited—do not bring unnecessary items.
5. Bring two forms of ID:
 - Your driver's license
 - One additional form of ID (preferably not a credit card)Your spouse/partner/visitor only needs to bring their driver's license.
6. Leave all valuables, jewelry, and money at home.
7. Arrange childcare if you have small children.
8. Shower with an antibacterial soap the night before or the morning of your procedure.
9. Bring a current list of all medications and dosages.
10. Take prescription medications as directed, then stop all other medications after midnight unless cleared by your physician or prescribed for high blood pressure.
11. If you are diabetic or asthmatic, bring your medication with you.
12. Fill any prescriptions provided by your physician prior to your procedure date.
13. **Sedation:**
 - **Aspiration:** IV fluids, medication, and sedation will be administered.
 - **Transfer:** Take your oral sedative as instructed by the ART team.
14. You must have a responsible adult drive you home and remain available during your procedure. **Taxi, Uber, or Lyft are not permitted.**
15. If you receive sedation or pain medication, you must have someone stay with you the first night after your procedure.
16. A Surgery Center representative will contact you the day before surgery to review instructions and provide your arrival time.