HARBOR
IVF DOULA SERVICES

IVF Tips & Tricks

BEFORE STARTING IVF

- If you have IVF coverage through your insurance company, call them in advance of beginning your treatment and get a full explanation of all benefits, in writing. Also in writing, confirm that your facility and medical provider are in network.
- Don't plan any major travel or work trips during a cycle, you'll need to be present at your doctor's office often and it's a great time for a staycation.
- Have some loose-fitting clothes you'll be comfortable in towards the end of your egg retrieval cycle; each follicle gets to be 18-22 mm in diameter by the time of your trigger shot, so if you have 10-20 follicles in there, your ovaries are quite a bit bigger than usual, even bending over to tie your shoes can feel like a stretch!

ABOUT THOSE INJECTIONS

- Create an injection kit so you have everything you need handy and you can do your injections as efficiently as possible, including:
- Alcohol wipes for injection site and cleaning vials/syringes
  - Surface wipes
  - A clean cloth or paper towels to spread out on surface so things don't roll away and are easier to see
  - A sharps container or plastic soda bottle to dispose of syringes
  - Small gauze if there's a drop or two of blood
  - Hand wipes or sanitizer
- Plastic soda bottles make great portable sharps-containers if you don't want to schlep that big red one around.
- Depress the plunger SLOWLY when you do your injections. This helps reduce swelling and tenderness at the injection site.

ULTRASOUNDS & BLOODWORK

- Drink plenty of water before your bloodwork, particularly when you have a large panel of tests. The more you drink, the faster it'll go. This is especially important for those early morning appointments when it can be hard to get some sips in before you're out the door.
- During egg retrieval cycles, SWITCH ARMS for your blood draws. By the end, you may be getting draws every day and your veins can get sore. Remember to start switching before daily bloodwork so your arms stay fresh.
- Stock up on some snacks to have on the go - you don't want to get lightheaded before/after bloodwork if an empty stomach sneaks up on you.
- Get some personal wipes for after your ultrasounds - all that ultrasound gel can make things a bit squishy!