



Suggestions for IVF patients

- ❖ After Retrieval of the eggs we suggest you get a massage, this will help you relax as well as get the circulation going. Implantation requires good blood circulation. If you don't have a therapist we will give you a list.
- ❖ EWA recommend that you to have 9 of the IVF electro stim Acupuncture treatments BEFORE the egg **Retrieval** (this is taking the eggs OUT).
- ❖ The **Pre-Transfer** and **Post Transfer** (this is putting the embryos back IN) Acupuncture protocol involves placing eight to nine acupuncture needles in acupoints on the front of your body, as well as two in each ear.
- ❖ This protocol will improve pregnancy rates by 26%.
- ❖ Let us know when the date of the Retrieval will be. The embryo will be put back within 3 to 5 days. The day before the Transfer Dr. Magarelli's office will call you with the time of the Transfer. Please call us ASAP since we have to arrange a Pre-Transfer appointment. Depending on the time of your transfer we may see you the night before.
- ❖ At this time will give you instructions as to how to get to our back door.
- ❖ You will go to the Dr's office and have your embryo's put back in, leave the Dr's office and return to our Clinic to have your Post -Transfer treatment, then home for bed rest.
- ❖ Call us **immediately** after the transfer has taken place so we know what time you will be arriving at our Clinic. (if this occurs on the weekend or holiday you will have either Dr. Diane or Dr. Val's cell phone number)

- ❖ Stay in the car; your partner will come and let us know that you have arrived. We will come to the car to get you. As you will be given Valium and may be tipsy.
- ❖ We recommend you wear **loose pants for the Pre/Post transfer treatments**; we need to get to a point just above your knee.
- ❖ **Slip on shoes with warm socks** is strongly recommended for the day of your transfer—we do not want you struggling to tie your shoes/ socks to keep your feet warm.

Bed Rest:

- ❖ Prepare yourself for approximately four days of bed rest
 1. Laugh a lot, stay positive and rely on your support group to help out at this time, the waiting is stressful. Imagine the embryo implanting, visualize, see it, believe it 😊 You can do this.
 2. Think about easy but nutritious food and have these in the house ready to go.
 3. Stay hydrated, we recommend you drink bottled or filtered water.
 4. NO ICE water or COLD food and drinks, cold in the belly will decrease circulation to the uterus/not a good thing. This includes raw veggies. Soups/oatmeal and cooked food is best.
 5. Stock pile books, magazines, videos ahead of time so you aren't tempted to run to the video store. Movies and books that make you laugh are recommended, no horror, heavy, depressing movies as mind set is important. The old Peter Sellers Pink Panther movies are GREAT.
 6. Always keep your feet warm, wear socks, never use hot packs on your low back or abdomen, hot packs on your feet are great and safe.
 7. Please do **NOT** use laptop computers that sit over your uterus during this important time.
 8. Use a fireman's roll to get up from bed, the couch etc. This is just an added protection from stressing the tummy muscles.
 9. You can get up to go the bathroom, make yourself something to eat and to get a change of scenery. It is strongly suggested you stay in a resting position as much as possible—this means with your feet up. Keep the pictures of the embryo's near by and visualize them implanting, promise them you will be great parents. Remember your belief needs to be strong right now and your body hears every thought you have.
 - ❖ Be assured that the embryos will NOT fall out, the sides of the uterine walls touch and envelopes the embryos. Move around as you normally do, we want you to rest but also we want your blood to circulate (this is one of the reasons why you are on baby aspirin, to

keep blood circulating which is important) so don't be afraid to walk around at a normal pace.

- ❖ After your transfer, we recommend that you have two holding acupuncture treatment **before** your pregnancy test. We will recommend the best days for you to do this after your transfer. This requires being driven to the Clinic as you are still on couch rest. If this lands on Sunday we will make a recommendation as to which day this should take place.

Pre Natal Care:

- ❖ We recommend you see an acupuncturist once a week for the first 12 weeks. These treatments will help your body transition through the changes that are happening.
- ❖ After the first trimester we suggest once per week treatment if all is going well. If there are issues please call and we will determine if we feel that we can help.
- ❖ Acupuncture is helpful for many pre and post natal issues including, nausea, allergies, back pain, migraines premature contractions, small for date babies, breech presentation as well as preparing you for the delivery just to name a few. Call us at any time with questions.

Post Natal Care:

- ❖ Carrying a baby as well as child birth is demanding on your body. Many changes take place. At times blood is lost and your energy will be compromised.
- ❖ Your body has just gone through many changes hormonally as well as emotionally.
- ❖ Acupuncture will aid in your recovery, many studies have been done demonstrating how acupuncture is helpful for lactation, hormonal shifts, post natal depression to name a few.
- ❖ We at East Winds Acupuncture make all efforts to make your experience as pleasant as possible with the best possible outcomes for you. If there is anything you need, even if it is just a seemingly silly question we are happy to talk to you.

Best Wishes

Dr. Diane and Staff