

## Diet and Lifestyle

### Basic Supplements

Wife

1. Folic Acid
2. Coenzyme Q10
3. Vitamin D
4. Multivitamins

Husband

1. Profortil @ Bio Selenium Pluz @ Speman

### Diet

- Balanced meal with a focus on natural protein sources (fish, eggs, broccoli, beans, etc), vegetable and fruits is highly recommended
- Avoid/ Reduce fast food, deep fried food, too much Carbohydrates (Sugar) in your diet
- No traditional medication should be consumed at least 1 month before and during your treatment cycle
- Avoid/ Reduce Coffee/ Tea (Caffeine)
- No alcohol
- “Cold” food
- “Jeruk” ie asam-boi etc
- Drink lots of water

### Lifestyle

- Reduce/ Stop smoking
- Low to Moderate Impact Exercise for 30-45mins daily (can be done up till day before OPU)
- Get adequate sleep/ rest. Sleep early ie 11pm latest

Please do not plan for a trip / be away near the end of your stimulation cycle. Any untoward circumstances, accidents or health issues will inadvertently affect your treatment cycle and its outcome.

Please take care of your health and wear masks if there is anyone sick around you. If you do fall sick, do make an appointment to see your Doctor for further action. DO NOT SELF MEDICATE.

Do not follow unverified recommendations on social media in an effort to improve your chances of pregnancy. Always check with Doctor first.

Please indulge in healthy and relaxing activities to manage the stress of your treatment cycle. Eg exercising, meditating, reading, art and crafts, online short courses, simple gardening etc

Please refer to briefing given by our Doctor and Coordinators if there are any uncertainties.

## Subcutaneous Injection

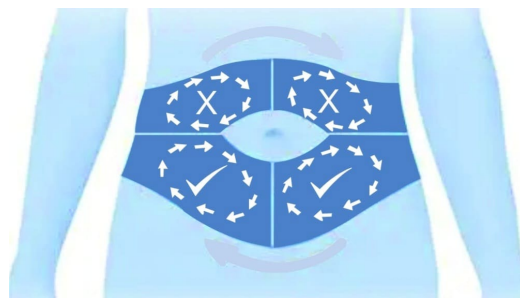
A subcutaneous injection is a shot into the fatty tissue just beneath the skin.

Usually, the injection is done on the abdomen, below the navel and at least 2 to 3 fingers to the right or left of your navel.

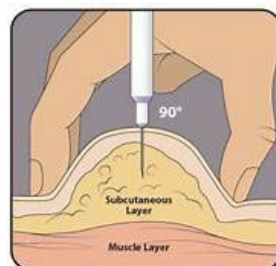
How is it done?

We will provide you with the necessary consumables eg 1cc insulin needles, alcohol swabs.

1. Wash your hands before you prepare any medications or administer any injections.
2. Identify the injection area and wipe with an alcohol swab. Let the area dry naturally or fan it dry (Do not blow). Do not touch the area after you have sterilized it.
3. Pinch the intended area for injection.
4. In an even motion, push the needle straight in at a 90° angle.
5. Inject all the medication in at a moderate pace.
6. Wait 5 seconds before you remove the needle.
7. Swipe the area with an alcohol swab once needle is removed. If you do notice bleeding, apply pressure with the swab for a few seconds.
8. Store your needles properly prior to your visit the clinic. You can pass them to our staff for correct disposal then.



Recommended Injection Sites : ✓ Bottom Quadrants



## **Risks of IVF treatment**

### **Common Side Effect of FSH Medications/ Injections**

- redness, swelling, or bruising at the injection site
- headache, tiredness;
- “heatiness”
- breast pain or swelling;
- stuffy nose, sneezing, sinus pain;
- acne
- nausea
- mood swings
- bloating
- OHSS (please refer below)

This is not a complete list of side effects that may occur. If unsure, please ask your Fertility Doctor.

### **Ovarian Hyper-Stimulation Syndrome (OHSS)**

Ovarian hyperstimulation syndrome is an exaggerated response to excess hormones. It usually occurs in women taking injectable hormone medications to stimulate the development of eggs in the ovaries. Ovarian hyperstimulation syndrome (OHSS) causes the ovaries to swell and become painful.

Ovarian hyperstimulation syndrome (OHSS) may occur in women undergoing in vitro fertilization (IVF) or ovulation induction with injectable medications. Less often, OHSS happens during fertility treatments using medications you take by mouth, such as Clomiphene.

Treatment depends on the severity of the condition. OHSS may improve on its own in mild cases, while severe cases may require hospitalization and additional treatment.

### **Symptoms**

Symptoms of ovarian hyperstimulation syndrome often begin within a week after/ the later part of using injectable medications to stimulate ovulation, after OPU (Oocyte Pick-Up) though sometimes it can take two weeks or longer for symptoms to appear. Symptoms can range from mild to severe and may worsen or improve over time.

But, if pregnancy occurs, symptoms of OHSS may worsen and last several days to weeks. Hence, patients who develop OHSS will not be able to go for a Fresh Embryo transfer here in Metro IVF.

Please inform your Fertility Doctor if you do experience these symptoms;

- Mild to moderate abdominal pain
- Abdominal bloating or increased waist size
- Nausea
- Vomiting
- Diarrhoea
- Tenderness in the area of your ovaries
- Rapid weight gain — more than 2.2 pounds (1 kilogram) in 24 hours
- Decreased urination
- Shortness of breath

<https://www.mayoclinic.org/diseases-conditions/ovarian-hyperstimulation-syndrome-ohss/symptoms-causes/syc-2035469>

### Other Risks of IVF treatment

- Number of follicles seen does not equate to the number of eggs that will be harvested. Some follicles may not contain eggs and not all eggs retrieved may be mature or suitable for insemination/injection.
- Some eggs may be damaged during the process of egg handling and sperm injection (ICSI).
- Not all eggs retrieved may fertilize.
- Not all embryos/ blastocysts are suitable for transfer. The Fertility Specialist/ Doctor and Embryologists will recommend the most suitable and best ones for Transfer/ Freezing.
- You may not have any viable embryos/ blastocysts to Transfer/ Freeze
- Not all cycles result in a Fresh Embryo Transfer
- There is no guarantee that a pregnancy may occur with this treatment.
- Embryos/ Blastocysts may not survive freezing or thawing.
- In a blastocyst culture, there is an increased risk of having very little or not having any blastocyst available for transfer.
- Some blastocysts may not survive the biopsy procedure for PGTA

- Additional costs incurred due to under response, over response and other potential situations.

### **Extra Information**

If you would like to know more about treatment procedures and more information to aid your understanding, please visit;

Our website ; [www.metro.com.my](http://www.metro.com.my)

Facebook Page ; Metro IVF Fertility

### **Patient Instruction for OPU (Oocyte/ Egg Pick-Up)**

- Please remove all nail polish (hands and feet)
- From **midnight** onwards, prior to your OPU procedure, please FAST / abstain from all food and drinks
- On the morning of procedure, you can take a bath with water only or with a gentle no fragrance wash
- Please continue all medication prescribed to you unless advised differently
- **DO NOT WEAR OR PUT ON ANYTHING WITH FRAGRANCE** eg perfume, deodorant, excessive skincare
- **DO NOT WEAR MAKEUP**
- Please be **PUNCTUAL**
- Sperm production is advised to be produced onsite. If there is a need for a special arrangement ie wife to assist, sperm to be produced at home etc, please discuss with Doctor and notify your Coordinator/ Counselor accordingly

Post procedure;

- Continue all medications as prescribed diligently
- You may notice some blood spotting on your underwear. This is normal together with some slight feeling of bloatedness and cramps
- Seek medical advice if you have excessive bleeding, extreme pain, bloatedness or cramps
- Pls refrain from driving post procedure
- Please rest for the rest of the day, do not overexert yourself unnecessarily

- Make sure you understand and note down when you are supposed to come back for your next appointment/s

### **Patient Instruction for ET (Embryo Transfer)**

- Please remove all nail polish (hands and feet)
- On the morning of procedure, you can take a bath with water only or with a gentle no fragrance wash
- Please continue all medication prescribed to you unless advised differently
- DO NOT WEAR OR PUT ON ANYTHING WITH FRAGRANCE eg perfume, deodorant, excessive skincare
- DO NOT WEAR MAKEUP
- Please have a light breakfast (unless if you requested for General Anaesthesia, then you would need to fast from midnight, as per OPU)
- Please be PUNCTUAL
- Please try to relax during the procedure to facilitate an easier and smoother transfer

#### Post procedure;

- Continue all medications as prescribed diligently
- You may notice some blood spotting on your underwear. This is normal together with some slight feeling of bloatedness and cramps
- Seek medical advice if you have excessive bleeding, extreme pain, bloatedness or cramps
- After the transfer, try to rest/ lie down for 2 hours. If you have an urge to use the bathroom, please inform the nurse.
- Make sure you understand and note down when you are supposed to come back for your next appointments
- Please minimize movements and do not overexert yourself post transfer. If you require medical leave (MC), please inform our nurses

## Contacts

If you do have any general queries about your ART treatment cycle, medication, follow up or costing, please text (WhatsApp) your assigned Coordinator/ Counselor below;

Name : \_\_\_\_\_

Number : \_\_\_\_\_

### Official Hours : Mondays to Fridays

- 9am to 5pm

### Official Hours : Saturdays

- 9am to 1pm

Please note that we do have to attend to patient in-house as well, your patience is much appreciated

### After Official Hours, Sundays and Public Holidays

- Once available (if Urgent or Necessary)
- Next working day

In the the event of any **EMERGENCIES**,

Example;

- Bleeding during pregnancy
- Excessive bleeding, extreme pain, bloatedness or cramps post OPU or ET
- Fall/ Accident at home or work during pregnancy

Etc

For Selangor patients, please CALL +601110840080 / +60333412277 Hospital Wanita Metro Klang to inform that you are coming in to see Doctor. You should also text to notify your Coordinator/ Counselor. For patients outside Selangor, please follow pre-given instructions, contact your Coordinator and/or Fertility Doctor accordingly.