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TRANSVAGINAL EGG ASPIRATION (TVA)

Procedures, Instructions and Expectations

How is a TVA performed?

An ultrasound probe is placed in the vagina like it was during your office ultrasound monitoring. Then, a spaghetti-sized needle is placed through the ultrasound probe channel, through your right vaginal wall into the follicles in the right ovary and then it is repeated on your left ovary. The follicles are gently drained of their follicular fluid and the eggs. 70% of follicles usually contain an egg. The fluid is handed to the embryologist who examines the fluid for the eggs, the number of eggs and their quality.

Where is the procedure performed?

Although Dr. Schmidt is the physician performing the transfer, this is one of the few procedures we don't do in our office. The TVA is done at our embryology lab site. If you are using fresh sperm, your male donor is required to produce your sample on-site. If you are using frozen sperm (sperm bank), the specimen should be delivered to the embryology lab during the week prior to the procedure. Light sedation anesthesia is used and administered by an anesthesiologist.

How long does the TVA take?

The TransVaginal egg Aspiration (TVA) takes about 30-60 minutes. It is performed when the follicles in the ovaries have developed to a mature size (@ 18 mm) and the uterus is ready to receive the embryos (fertilized eggs).

Before the procedure:

After your follicular stimulation with gonatotropins (i.e., Follistim), when the follicles are mature, you will self-administer your trigger injection at a pre-determined EXACT time which is 35 hours prior to your scheduled TVA. You **MAY NOT** eat or drink **ANYTHING** for a minimum of 8 hours prior to the procedure. This is due to the anesthesia that is used for the procedure.

What to expect after the procedure:

- **You MAY NOT drive yourself home.**
- You will rest in the facility for 30-60 minutes.
- You may not remember much about the day, an after-effect of anesthesia.
- You may feel some soreness in the vaginal area.
- You may have a slight amount of spotting. Any excessive bleeding should be reported to Dr. Schmidt.

- You may also feel some burning with urination and see blood-tinged urine. This will usually resolve itself within 24 hours.
- You *should not be alone* for the first 12 hours following surgery to assist you and, if necessary to call us for you.
- You may shower following surgery, however do not immerse yourself in water (bathtub, ocean, jetted tub) until cleared by Dr. Schmidt.
- You may resume your normal activities 24 hours after your procedure with the exception of strenuous activity. Do not drive for a minimum of 24 hours.
- No alcoholic beverages for the first 24 hours following the procedure, and none after the embryo transfer (ET).
- You may resume your usual diet as tolerated. Increase your usual fluid intake by 24-32 ounces. Dr. Schmidt recommends Gatorade rather than soda.
- Time and rest should relieve most discomfort. If not, you may take Tylenol with Codeine (Dr. Schmidt will prescribe this for you) or over-the-counter Extra Strength Tylenol to relieve any discomfort.
- Refrain from vaginal intercourse until after your next menses and cleared by Dr. Schmidt, otherwise a pregnancy is most likely to occur
- Medications and supplies: (depending on your area, supplies are usually delivered the next day)
 - IVP: call in the AM 800/483-8001
 - MDR: 818/788-5858
 - Freedom: 800/660-4283
 - La Jolla Discount Pharmacy: 858/662-1800

Call the office (619/295-4050) with any questions or concerns and if any of the following occur:

- Temperature greater than 100.4°F
- Call for vaginal bleeding (more than a light period)
- Difficulty urinating
- Severe bloating
- Severe uncontrolled pain
- Difficulty breathing

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS AND HAVE RECEIVED A COPY TO TAKE HOME.

DATE:

SIGNATURE:
