

Vaccinations

- Before you start your treatment with us, we check whether you are immune to rubella and varicella (chickenpox). If you are not immune, we strongly recommend to vaccinate accordingly.
- Once you are pregnant, certain vaccinations should no longer be given.
- The seasonal flu vaccination (influenza) is safe during pregnancy and is recommended.
- The vaccination against whooping cough (pertussis) is given to pregnant women in their 2nd or 3rd trimester. It is recommended that you get it during the second trimester, regardless of the time of your last pertussis vaccination or pertussis infection. The vaccination should preferably be carried out in the 2nd trimester (13th to 26th week of pregnancy, follow-up vaccination preferably in the 3rd trimester as early as possible). Under certain conditions, vaccination is also advisable before pregnancy.

Covid-19

- Pregnant women are classed as at risk, especially if they have additional risk factors or concurrent illnesses. The Federal Office of Public Health (www.bag.admin.ch) and the Swiss Society for Gynaecology and Obstetrics (www.sggg.ch) publish recommendations which are updated regularly.

Please do not hesitate to contact us if you have any questions or uncertainties. The whole fertisuisse team is happy to assist you!

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We speak German, English, French,
Italian and Dutch.



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General recommendations

on how to act after reproductive
medical treatments and during early pregnancy



Work

- You should not work on the day of egg collection.
- After insemination and embryo transfer you are allowed to work. Not working does not offer any advantage.

Exercise

- Moderate sport activity for your wellbeing is always good. However, strenuous exercise should not exceed 4 hours per week, neither before or after treatments nor during pregnancy. If in doubt, it is best to contact your doctor. If bleeding occurs during early pregnancy, we recommend that you refrain from exercising for the moment.

Sex

- After any kind of treatment and during pregnancy, sexual intercourse is allowed, provided there are no problems.
- If you are experiencing pain or bleeding, we recommend not having sex. This also applies to bleeding or pain during pregnancy. If in doubt, contact your doctor.

Travel

- You should avoid travelling for up to 48 hours after egg collection.
- After insemination or embryo transfer and during pregnancy, there is no reason to refrain from travel. However, we do recommend that you do not take long flights (>6 to 8 hours) before the pregnancy test and during the first 12 weeks.
- If it is necessary to travel, make sure that you are well hydrated and can move around a lot during the flight. On longer car journeys we recommend taking a break to get up and move around every 1 to 2 hours. This reduces the risk of thrombosis.

- Make sure that you only travel to countries with good medical care during pregnancy.
- Before every trip, find out about vaccination recommendations and any special regulations or dangers in the destination country.

Food and drink

- After insemination or embryo transfer, the same rules apply as during pregnancy.
- Wash fruit and vegetables thoroughly and do not eat raw meat or fish.
- Abstain from alcohol and nicotine.
- Drink enough water, ideally 2 litres a day.
- There is caffeine in coffee, black tea, chocolate, cola and energy drinks. You should not consume more than 300 mg of caffeine per day. There is nothing to prevent you drinking 2 to 3 cups of coffee spread over the course of the day.

Medications

- You should continue to take any necessary medication after consulting your doctor.
- You should only stop taking the treatment-specific medication prescribed by us after consulting your doctor.
- Tell your doctor or healthcare professional if you need to take any new medications.

Pain

- Slight pain in the lower abdomen is normal for the first few days after egg collection. Light painkillers (e.g. 1000 mg of paracetamol every 6 hours or up to 200 to 600 mg of ibuprofen every 6 hours) are safe to take. If you experience pain after the embryo transfer or during early pregnancy, you should only take painkillers after consulting your doctor.

- Severe pain is not normal. If you are experiencing severe pain, please contact us or – if we are not available – an emergency unit.

Bleeding

- In case of vaginal bleeding after a treatment or during pregnancy you should contact us immediately.
- Bleeding after egg collection can be normal as long as it is lighter than menstruation. If you experience heavy bleeding, you should contact us or an emergency unit immediately.
- Bleeding at the beginning of pregnancy can be common and is not necessarily anything serious. However, we recommend that you monitor the development of your pregnancy. Depending on your blood group (rh factor “negative”) you may need special treatment within the first 2 to 3 days.

Psychological support

- Fertility treatment can lead to emotional stress. Do not hesitate to contact us if you are experiencing psychological distress. We can arrange an appointment for you with our psychological team.
- If you are already receiving psychological help, do not hesitate to ask for it more often if necessary.

TCM – Traditional Chinese medicine

- If you are currently undergoing TCM therapies, discuss your current treatment needs with your therapist. These will vary depending on the treatment phase. If necessary, we can recommend experienced therapists who are specialised in reproductive medicine.