

# IVF KIT

## SELF CARE

- Warm socks (warm feet= warm womb) + fun thing to have for transfer
- Stock up on some trashy magazines or a good book you have been wanting to read... there are lots of appointments (bring them with you)
- Chocolate bar/favourite treat...hormones, you deserve it
- Coconut water (electrolytes), or just stay hydrated (get a good bottle & keep it filled!)
- Bone broth/warm cooked foods (that are easy to digest) - the less work your body needs to do for digestion, the more it can provide to reproduction
- Pomegranate juice (to help build a good lining, start drinking it after your period, during the transfer cycle-1 cup/day)
- Comfy pants (you will bloat as you grow those follicles!)
- I-tunes card/Kindle/Netflix- distractions & something to do well you are taking it easy
- Download IVF meditations -either online OR an app (Try Mindful IVF)
- Write out your positive affirmations and post them on the bathroom mirror or in your room
- BE KIND TO YOURSELF\*

## THE SHOTS

- Get some cute or funny bandaids (in case of bleeding at injection site)
- Cute makeup bag- discreet & perfect for meds on the go
- Ice pack (to numb injection site) OR hot pack/cloth after shot for pain (\*DO NOT use hot pack on your abdomen POST-transfer)
- Calendar- layout injection schedule and appointments-there's A LOT so you want to stay organized!
- Cute box to keep all your meds/needles/sharps container and other supplies in one spot and concealed if need be

## RETRIVAL/TRANSFER

- Wear your lucky socks (they make you feel little more covered up + can make you smile). Get something fun, I had high-rise super pig socks!
- Comfy clothes! Stretchy pants are a must!
- Get Acupuncture
- LAUGH! There is research showing laughter can help with implantation. Have some funny books, comedians, TV shows or movies queued up!

### \*NOTE:

For the embryo transfer, don't use ANY lotions, perfumes, or soaps or anything... the embryos are very sensitive to smells.



thank  
you!

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