



**KRISTA GEORGE**  
R.AC & POSITIVELY MADE MAMA



**\*\*NOTE\*\***

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

**WANT EXTRA SUPPORT?**

JOIN THE PRIVATE  
FB GROUP  
**TTC TRIBE**

**POSITIVE CONCEPTION**

**f** FB.COM/KRISTAGEORGEACUPUNCTURE

**@KRISTAIVFMAMA**

# IVF KIT

Little ideas help you through your IVF cycle

## 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/sweet treat- hormones, you deserve it
- Coconut water (electrolytes), or just stay hydrated (get a good stainless steel or glass bottle- keep it filled!)
- Bone broth/warm cooked foods (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-1cup/day)
- Face mask/natural cleanser to combat break outs and keep you feeling good (look for green products if you can, to avoid the chemicals)
- 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 - online OR an app (Try **Mindful IVF**)
- Write out your positive affirmations (**see files in TTC Tribe**)
- **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!
- Acupuncture Pre/Post transfer (ask your clinic, they may have an acupuncturist on staff OR find a local practitioner that works with fertility) \***NOTE:** the post-transfer treatment should be **done within 20 minutes of transfer**, if thats not possible, forgo it, don't stress!
- **LAUGH!** There is research showing laughter can help with implantation. Have some funny books, comedians, TV shows or movies queued up!