



## Overlake Reproductive Health

### TIPS TO HELP YOU STAY SANE WHILE WAITING FOR YOUR PREGNANCY TEST RESULTS

Many patients undergoing fertility treatments feel that the time between treatment and the pregnancy test can be very stressful. Rest assured that you are not alone! Although the physical work is now complete, waiting to know if the treatment is successful is often the most emotionally tense period. Here are a few suggestions to help make these next few days as easy as possible.

1. ***Once your IUI or embryo transfer has taken place, there is nothing that you can or cannot do to influence the outcome.*** It is out of your control. Feelings of pessimism don't change the outcome, getting angry at someone won't change the outcome, and bouncing off the walls won't change the outcome. You get the idea; don't worry about your potential mood swings, feelings of irritability, jealousy, anxiety, etc., because, although they may not be pleasant to experience, they have no impact on any potential pregnancy. You are officially off the hook.
2. ***One of the biggest myths in IVF or other fertility treatments is that embryos can "fall out".*** If the uterus was like a balloon, this would make sense. However, the uterus is not hollow like the balloon and in fact embryos, once in the uterus, don't fall out. So if you drive over a pothole, go to the bathroom, jump over a puddle, etc., this will have no impact on the success of the cycle.
3. ***If you are taking progesterone it may cause all sorts of confusing symptoms.*** You may feel tired, bloated, and nauseous and you may note soreness in your breasts, all which can be signs of an early pregnancy. During the waiting period, try your best not to focus on these symptoms. Many women have no symptoms at all and end up with a healthy pregnancy, and some report many symptoms that are related to side effects of the progesterone or some other hormone. You may even experience vaginal bleeding – this does not exclude pregnancy. For this reason, everyone needs to come for a pregnancy test. And remember that if you constantly squeeze and poke your breasts to assess their soreness, they will get sore!
4. ***Waiting for the pregnancy test can feel like a long time,*** especially when you consider all the effort you have already put in for this cycle. Don't wake up tomorrow morning and think, "how am I going to get through this waiting period?" Wake up tomorrow morning and say to yourself, "what can I do today to distract myself, pamper myself, and make the time go faster?" If you do this on a daily basis, the time will go by more quickly.
5. ***Be picky with the people you spend time with!*** Feel free to avoid the unsympathetic friends, the overly fertile friends, and the "takers" instead of the "givers". Plan to see those who entertain you, nurture you, and distract you. If you need an official excuse, you can consider yourself under doctor's orders to avoid baby showers.

6. **Screen your phone calls!** If you have told a number of people that you are undergoing fertility treatments, then you may be inundated with frequent phone calls. If this starts to get to you, appoint a spokesperson for yourself (sister, best friend, etc.). Tell the people in your life to call your spokesperson and if/when there is good news to share, you will be sure to be in touch.
7. **Make a date with your partner for the night of your pregnancy test.** If it is positive, you can drink lots of non-alcoholic champagne. If it is negative, it gives you the time to be together, mourn away from family and friends, and plan together the next step.
8. **Although it can be hard, try to balance the fine line between your state of mind and reality.** There is no “right” way to feel. For some, it is much easier to cope with the days of waiting by feeling hopeful and optimistic; for others it feels more comfortable to protect themselves by feeling pessimistic. One way to make it easier for all coping styles is to have a “plan B” – the “what if the treatment cycle fails” plan. Whatever you’re feeling and thinking after a treatment, make sure that you have an appointment for a consultation with your doctor.
9. **Remember that your physician and nursing team are available to you during this waiting time.** If you have questions or concerns, don’t sit at home and stew – call! We are not only concerned about the medical aspects of your fertility treatment; we care about how you are feeling and want to help you cope in the best way possible.
10. **If you feel as though you are having a really tough time during this waiting period, there are many things which you can do to make the wait easier.**

Some suggestions include:

- Call and make an appointment with a psychologist to give you a chance to vent any frustration and focus on using your coping strategies or learning new ones.
- Consider making an appointment for a session of acupuncture. Although research thus far has only focused on acupuncture pre- and post-embryo transfer (and all the published research does show a positive impact on pregnancy rates), there can also be a benefit to experiencing acupuncture during the waiting time, especially in terms of treating anxiety.

***Overlake Reproductive Health is committed to helping you through all phases of fertility treatment. We care about you.***

***From all the staff at Overlake Reproductive Health, GOOD LUCK!***

**Written by Alice D. Domar, PhD**