

## Procedure and Complications Involved in Egg-Retrieval Process

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### DESCRIPTION

Egg retrieval is a surgical procedure that removes the egg(s) from the woman's ovaries in preparation for In Vitro Fertilization (IVF). Because the procedure is minimally invasive, there are no scars or stitches, and the recovery time is short. It lasts about 10-15 minutes and is performed 10-12 days after the hormone-based simulations begin. Because the surgery is relatively simple, the risks associated with egg retrieval are minimal. The eggs are transferred to an embryology lab for fertilization for freezing.

A reproductive endocrinologist will prescribe hormone medications and a specific protocol prior to egg retrieval based on the specific diagnosis or circumstance. These hormones stimulate the ovaries to increase the number of follicles that form in a single cycle. The size of the follicles (each follicle contains an egg) is being monitored. When the doctor believes the time is right, he will administer the "trigger shot" and schedule the egg retrieval. A very thin needle is then inserted into each follicle using laparoscopic techniques and an ultrasound to retrieve the egg.

The patient is kept under light sedation during the egg retrieval procedure, which can last anywhere from ten to twenty minutes. It is normal to experience discomfort and even cramping, similar to the pain the women experience during the period or Pre Menstrual Syndrome (PMS). Because egg retrieval is a relatively brief procedure, recovery time is usually short as well. Following the In Vitro Fertilization (IVF) egg retrieval the patient will be connected to monitors to check the blood pressure, pulse, and temperature on a regular basis. The patient will have limited short-term memory due to the anaesthesia medication. This is normal and will only last a few minutes. The nursing staff will ensure that the patient is stable and have no problems following

the surgery. The number of eggs extracted during the procedure is informed by the physician to the patient.

### Recovery from egg retrieval surgery

There are usually only minor side effects from egg retrieval. The patient may feel sore, but for most young women, the moderate discomfort is similar to a menstrual period, with cramping lasting 1-3 days. The patient should be aware of any signs of hyperstimulation, which is a rare complication of egg donation and includes pain that is not controlled by tylenol or advil, swelling, urination problems, and extreme bloating. This is a medical emergency, and the clinic and physician should be contacted right away for assistance. The vast majority of egg donation cycles go smoothly, and the donor is back to her normal activities within a few days. The anaesthesia medications may cause nausea in some patients.

After the procedure, the person should rest for at least 30 minutes to allow the anaesthesia to wear off. The patient may be expected to be tired, so she should be able to resume her normal activities for the next 24 hours. To reduce the risk of infection, taking baths or hot tubs/swimming for 4-7 days after the procedure, engaging in sexual intercourse, and using tampons should be avoided.

Cramping and bleeding: Some women may experience cramping following an *In Vitro* Fertilization (IVF) egg retrieval. Much of this is due to the ovaries being stimulated by the fertility medications. Because of increased hormone production after egg retrieval, the ovaries become even larger. Most women report that the cramping is comparable to or less severe than the cramping they experience during their periods. Following an *In Vitro* Fertilization (IVF) egg retrieval, it is common for women to experience vaginal spotting or bleeding. Again, this is usually comparable to or less than period bleeding.

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**Received:** 26-Dec-2022, Manuscript No. JFIV-23-21301; **Editor assigned:** 29-Dec-2022; PreQc No. JFIV-23-21301 (PQ); **Reviewed:** 12-Jan-2023, Qc No. JFIV-23-21301; **Revised:** 19-Jan-2023, Manuscript No. JFIV-23-21301 (R); **Published:** 27-Jan-2023. DOI: 10.35248/2375-4508.23.11.286

**Citation:** Keates J (2023) Procedure and Complications Involved in Egg-Retrieval Process. *J Fertil In vitro IVF World w Reprod Med Genet Stem Cell Biol*.11:286.

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