



Corticosteroid Therapy **General Information, EDI**

Embryo Donation International (EDI) is a subsidiary of Specialists in Reproductive Medicine and Surgery, P.A. (SRMS) and will be referenced throughout this document.

Indications:

There is evidence that a short course of **corticosteroids**, most commonly methylprednisolone (Medrol), improves your embryo implantation and overall pregnancy. Corticosteroids are hormones that are produced by the adrenal gland. One of the many effects corticosteroids have on the body is to suppress the immune system.

Contraindications:

Patients who have had previous adverse reactions to corticosteroids will not be given these medications.

Administration:

You will start the corticosteroids as directed following the egg retrieval close to the time of embryo transfer. You will continue the medication until directed by the medical staff.

Complications:

You can experience nausea and vomiting with any oral medication, so you are encouraged to take the corticosteroids with food. This short course of steroids is not associated with any consistent adverse drug reactions. A brief feeling of euphoria may occur while taking these medications. Since a minority of patients may have difficulty sleeping while taking these medications, you should take this medication in the morning with food to minimize any effect it might have on your sleep.

There is a theoretical possibility of a worsening of a pelvic infection once a person takes these medications. If there is a high possibility of a pelvic infection following egg retrieval, your physician may suggest that you not take the corticosteroids. This problem appears to be theoretical and has not occurred here at SRMS-EDI.

True allergic reactions to corticosteroids may rarely occur. Any medication can result in life-threatening adverse drug reaction and these rare occurrences are too lengthy to list here. Please discuss any concerns you have about the medications to the ART team. Please remember that your physician, along with numerous other physicians, feel that the benefits far outweigh the infrequent adverse effects of the corticosteroids.

Summary:

Corticosteroids will be given briefly following your egg retrieval in order to maximize your embryo implantation and pregnancy rates.