

Understanding IVF Medications

Knowing what to expect

Anyone considering IVF (In Vitro Fertilization) is sure to have heard a lot about the “shots” and medications involved. This can be somewhat daunting and overwhelming for many couples. **However, knowing what to expect can make the process a lot less intimidating.**

IVF medications have a threefold role : stimulate your ovaries to produce multiple eggs, prepare your body for egg retrieval and embryo transfer and support early pregnancy.

A phase wise breakup

The IVF medication journey can be broken up into phases. The first phase usually involves ovarian stimulation injections. Normally, your body releases just one egg a month. But with IVF, doctors want more eggs to improve the chances of success. Medications like gonadotropins encourage your ovaries to produce several eggs at once through daily shots for a week or two. In reality, the tiny needles are far less scary than most women imagine.

Along with these, medications are also prescribed to prevent premature ovulation. They act as “egg protectors” that keep your ovaries from releasing eggs too soon. Your doctor will monitor your progress through ultrasounds and blood tests to make sure everything is on track.

Once the eggs are retrieved and fertilised, the uterus undergoes preparation. Progesterone supplements (through injections, vaginal gels or tablets) help thicken the uterine lining so it’s ready to welcome an embryo. This stage is crucial for implantation.



Some women may also be prescribed oestrogen, antibiotics or low-dose aspirin, depending on their individual treatment plan. Not everyone needs the exact same medications.

The flip side

It is a fact that side effects are possible. These may include bloating, mood swings, mild cramping or headaches. These are usually temporary and manageable. However, it’s best to keep your doctor informed. Your medical team can guide and support you throughout the journey.

Worth it in the end

The medication schedule may look intense on paper, but once started, it quickly becomes part of a daily routine. It is also empowering in a way – because every injection is a step closer to your goal of parenthood.

In short, IVF medications may seem daunting, but with the right guidance, they’re simply tools to help your body create the best possible environment for pregnancy.