



COVID-19 Testing at Stanford Children's Health

Frequently asked questions for patients having fertility treatment

The health and safety of our patients, families, and staff are important to us. As part of our response to COVID-19, we continue to follow all recommendations by the Centers for Disease Control and Prevention to keep our community safe. We have started testing all of our patients even if they do not have symptoms. This handout will tell you what to expect.

Who should be tested for COVID-19?

All patients and partners will be tested by the care team before they start their fertility treatment. Someone from our care team will reach out to you to set the test to match your treatment plan. It is important for everyone to be tested to continue to help prevent the spread of the coronavirus infection.

Will my partner and I need to be retested?

- **Patients having an egg retrieval:** Yes. You will be retested on the day of the IVF decision ultrasound. Your partner will not be retested unless he or she is symptomatic.
- **Patients having an embryo transfer:** No. You and your partner will not need another test unless one of you develops COVID-19 symptoms.
- **Patients having a hysteroscopy or dilation and curettage (D&C) procedure:** Yes. You should be retested 48 hours before the procedure.

Where do I/we go for testing?

Stanford Medicine has several drive-through locations for COVID-19 testing. You will be contacted directly by a member of the testing team to schedule an appointment.

What can I/we expect during the test?

When you and your partner arrive at the test site, a team of nurses will greet you. They will be wearing masks, gloves, eye protection, and gowns for testing. This test uses a swab, like a long Q-tip, that will be placed in



your nose. It will irritate the nose and will not feel comfortable. This swab may cause sneezing, coughing, and watery eyes.

When will I/we know the results?

Test results should be available within 24 hours. Results will be sent to you via MyChart and to your fertility care team as well.

What if there is a negative result?

We will receive your test result as well. You do not need to call the clinic, but you are welcome to send us a MyChart message if desired. You can start the medication or treatment as planned.

What if there is a positive result?

If your test is positive, you will be contacted by the Santa Clara County Health Department. They will also let your fertility care team know. Regardless of where you are in your treatment cycle, if you or your partner tests positive for COVID-19, the fertility care team will need to postpone the treatment.

If you have a positive result, we ask that you, or you and your partner, do the following:

- Stop taking all IVF medications.
- Stay home to quarantine for at least 14 days.
- Follow up with your primary care physician.
- Drink lots of fluids.
- Take Tylenol or another fever-reducing medication if you have a fever over 100 F.
- Keep an eye on symptoms that do not get better after seven days.
- Keep an eye on any serious symptoms. Some of the more serious symptoms include high fever, severe weakness and fatigue, difficulty breathing, worsening cough.
- Go to the emergency department if you have a hard time breathing.

What should I do if my cycle day 1 (CD1) started after working hours?

The COVID-19 test order will not be released until our clinic nurses set up your treatment. Send us a MyChart message, and leave a voicemail for your care team on the recorded message in clinic. Please wait until the following business day to speak with a member of your care team.

What should I do if I am supposed to take medication before I/we are tested?

Do not start your fertility treatment before completing this test. COVID-19 testing is a requirement to begin taking your fertility medications. Contact your care team during business hours the following day.

What should I do if I am supposed to take medication before I/we get the results?

If you have not had the COVID-19 test done, you should not start your fertility treatment. If you have done the test and are waiting for results, follow your calendar and begin taking your medications as planned. **If your**

test comes back as positive after you took your medications, you should stop taking medications right away. Your treatment will be postponed.

I/we are supposed to have a procedure. What should we do if we do not have the test results?

Let your care team know on the day of your procedure about your pending test results. You should also tell them about any COVID-19 symptoms, if you have any. Our team will check you when you arrive. The health and safety of everyone is important to us. Your procedure will not be canceled, but special precautions will be taken.

What should I do if I have symptoms of COVID-19?

If you have shortness of breath or feel severely ill, please call 911. Or, go to the nearest emergency room to be checked.

If your symptoms are mild, please call Stanford Express Care to contact your fertility care team during our clinic hours (8:00 a.m. to 4:00 p.m.). It is safe to take Tylenol as needed for fever if you are pregnant.

How do I get in touch with Stanford Express Care?

Stanford has two clinics you can reach out to:

	Stanford Express Care, Palo Alto	Stanford Express Care, San Jose
Opening Hours	9:00 a.m. to 9:00 p.m. 7 days a week	9:00 a.m. to 9:00 p.m. 7 days a week
Address	211 Quarry Rd. Suite 102 Palo Alto, CA 94304	52 Skytop St. Suite 10 San Jose, CA 95134
Phone Number	(650) 736-5211	(669) 294-8888