



Your Thawed Embryo Transfer Schedule (Estrace)

This is an outline of important dates for your IVF treatment. Please keep it in a handy location. If we notify you with changes, make the changes on this sheet. promptly. Please do not guess about your instructions; phone us if you are unsure. If you have an injection question, please refer to our website, www.fertilitymemphis.com.

To reach us:

Monday-Friday 8:00 AM-4:30 PM: phone 901-747-2229 and leave a message for the nurse.

For after hours, weekends and holidays: phone 901-747-2229 option 0, before 10:00 PM to page the nurse.

You are scheduled for trial transfer on _____ .

Your payment for services and treatment consent forms are due _____ .

Your transfer is tentatively scheduled for the week of _____ .

Date	Day	Instructions	PNV	OCPS	Estrace	Prog
	Cycle Day 1	This is the first day of your menstrual period. Call us before 2:00 P.M. On the weekends or holidays page the nurse before 2:00 P.M. Start your prenatal vitamins (PNV).	X			
	Cycle Day 2,3, or 4	Start your oral contraceptive (OCP) pills one pill a day.	X	X		
	Stop OCP	Take your last OCP today. You should start your period in 2-4 days.	X	X		
	Baseline	Come in for your E2 blood test. Your nurse will call you with instructions by 5:00 P.M. Inform the nurse if you have not started your period.	X			
	Stim Day 1-13	Start Estrace 2mg tablets A.M. and P.M., vaginally.	X		X	
	Stim Day 14	Come in for your ultrasound and E2 blood test. Your nurse will call with your instructions before 5:00 P.M.	X		X	
	Stim Day 15	Start progesterone intramuscular injection 75 mg once a day. Continue Estrace two times a day. You will continue progesterone and Estrace until your pregnancy test.	X		X	X
	Transfer	Be at the EMSC at _____. Bring your valium with you. Someone will need to drive you home after the transfer. Continue progesterone 75 mg daily injection and Estrace 2 mg A.M. and P.M. vaginally.	X		X	X