

YOUR IVF SCHEDULE (OCP)

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.

To reach us: Mon-Fri, 8:30 AM to 2:00 PM: phone **901-747-2229** and leave a message for the nurse. Messages after 2:00 PM are returned the next business day.

On weekends and holidays: page the nurse at **418-6353 before 2:00 PM**

For emergencies at any hour: **901-747-2229**.

All blood tests and ultrasounds are performed in our offices at 7:30 AM (Mon-Fri) and 8:00 AM (weekends and holidays).

_____	Day 1	This is the first day of your menstrual period. Call us at (901) 747-2229 before 2:00 PM. On the weekends or holidays page the nurse at 418-6353 <u>before</u> 2:00 PM.
_____	Day 2, 3 or 4	Come in for vaginal ultrasound and blood tests (FSH, LH, and E2). After your tests, start your oral contraceptive (OCP) pills. The nurse will tell you when to stop.
_____	Lupron Start	Start your Lupron 10 units = 0.5 mg (0.1 cc) subcutaneous injection daily.
_____	Stop OCP	Take your last OCP pill today.
_____		You should start your next period by this date, (if not call us). Call us when your period starts. Our IVF nurse will schedule your baseline ultrasound and blood test.

At this point, you should be taking prenatal vitamins (one a day), ASA 81 mg, and Lupron injections once a day.

_____	Baseline	Come in for your baseline ultrasound and E2 blood test. Your nurse will phone you with instructions by 5:00 p.m. this day.
_____	Stimulation Day 1	You will start gonadotropin injections tonight. Decrease your Lupron dosage to 5 units = 0.25 mg (0.05 cc) daily. You and your husband will also start your Doxycycline antibiotics today.
_____	Stimulation Day 4	Come in for an E2 test. Your nurse will phone you with instructions by 5:00PM this day.
_____	Stimulation Day 6	Come in for E2 tests and ultrasound. Your nurse will phone you with instructions by 5:00 PM this day. Your next day to return may be in one to three days. This pattern of visits will continue until your stimulation is complete.

At this point, you should be taking these medications:

1. Prenatal vitamins (one a day),
2. ASA 81 mg once a day
3. Doxycycline (one tablet twice a day for a total of 7 days),
4. Lupron (5 units once a day), and
5. Gonadotropins (Gonal F, Follistim, Bravelle).

When your stimulation is complete, your nurse will ask you to take hCG **at a specific time that evening** and you will be given your appointment time for your egg retrieval.

_____	Day of hCG	This is the day you take your hCG (10,000 units or 1 cc intramuscular) injection. STOP your Lupron and gonadotropin.
_____	Next Night	Take one Valium tablet before bed. Please do not eat or drink anything after midnight.
_____	Next Morning	Your egg retrieval. Please do not wear any perfume, makeup or fingernail polish. Someone will need to be available to drive you home and stay with you this evening.

Special Instructions:

Good Luck!