

YOUR IVF SCHEDULE (MICRODOSE LUPRON)

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 after hours: **901-747-2229**.

You are scheduled for IVF class on _____, trial transfer on _____, and injection teaching on _____. Your treatment consent forms are due _____.

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 p.m. On the weekends or holidays page the nurse at 418-6353 before 2:00 PM.

_____ **Day 2, 3 or 4** Come in for vaginal ultrasound. After your ultrasound, start your oral contraceptive pills (OCPs) one tablet a day for 9-21 days.

_____ **Stop OCP** Take your last OCP today (usually Saturday or Sunday).

At this point you should be taking your prenatal vitamins (one a day) and ASA 81mg a day.

_____ **Baseline:** Come in for your baseline ultrasound. Your nurse will phone you with instructions by 5:00 p.m. this day.

_____ **Start Lupron:** Start your microdose Lupron 20 units subcutaneous injection twice a day.

_____ **Stimulation Day 1** You will start _____ gonadotropin injections today. You and your husband will start your Doxycycline antibiotics today.

_____ **Stimulation Day 4** Come in for an E2 and LH blood test. Your nurse will phone you with instructions by 5:00PM this day.

_____ **Stimulation Day 6** Come in for E2 and LH 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.

Your nurse will give you instructions regarding your drug dosage and next visit for ultrasound and blood tests. 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. Micro-dose Lupron (20 units twice a day), and
5. Gonadotropins (Gonal F, Follistim, Menopur or 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!