Before Cycle Start
- Start taking a Prenatal Vitamin
- Review questions with doctor
- Consent forms signed and witnessed at Boston IVF
- Approval from financial dept.

FSH Start
- Call IVF nurse on cycle day one - will instruct you when to start FSH medication (Bravelle, Gonal-F, Follistim, Repronex)
- FSH started usually on cycle day 2 or 3 (Cycle Day 1 = start of menses)
- The day FSH is started is referred to as (FSH)Treatment (versus cycle) Day 1
- Nurse will instruct you on the dose of FSH to be taken & for how many days

Monitoring
- Typically started on FSH Treatment day 6-8
- Consists of ultrasound and usually blood test
- Average is 3-4 per cycle
- Performed 6:30-8:45am
- Waltham is only center open weekends
- Appt scheduled by your nurse
- You will receive a call in afternoon after tests with instructions on FSH medication, Cetrotide or Ganirelix dose.

Trigger of Ovulation Injection
- When follicles (eggs) ready, you will be instructed to take trigger injection by nurse
- Do not take FSH, Cetrotide or Ganirelix when instructed to take trigger
- Egg Retrieval procedure is 36 hours after trigger injection
- Avoid ejaculation after trigger until day egg retrieval

Day of Egg Retrieval
- Do not eat or drink after midnight before
- No perfumes, hairspray
- Performed in Suite 200 in Waltham office or in South Portland facility
- Nurse will advise time of sperm collect.
- Intravenous started by anesthesiologist
- After procedure, surgeon will review number of eggs etc
- You can not drive yourself home after
- Rest at home that day

Day after Egg Retrieval
- You will receive a call from nurse regarding fertilization

Progesterone
- Start progesterone 2 days after egg retrieval continuing daily
- Stop progesterone only if pregnancy test is negative – do not stop if spotting occurs

Embryo Transfer
- 3rd day after eggs retrieved (5th or 6th day for blastocyst transfer)
- Nurse will inform you what time to come in
- Will speak to doctor about embryos before
- Simple procedure, no anesthesia, home after 10 minutes in recovery room.
- On the day of the transfer take it easy, no heavy lifting or formal exercise. After the transfer you may resume regular activities

Pregnancy Test
- Performed 15 days after egg retrieval
- Pregnancy test will be scheduled by the nurse in the recovery room.

Good luck and best wishes!