**Introduction**

Estrogen and progesterone can be used to supplement the natural cycle to time embryo replacement of frozen/thawed embryos.

The protocol described herein is called the “EEP” protocol for Exogenous Estrogen and Progesterone.

**Before Cycle Start**

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

**Cycle Start**

- Call IVF Nurse on cycle day one.
- On DAY ONE, start Estrace tablets, each 2 mg, and take one tablet twice daily.
- On DAY ONE, start Estradiol patch, apply first patch and change every 3rd day or as instructed by your nurse.
- Start progesterone at the instruction of your nurse. Embryo transfer day 4 of progesterone, day 6 if Blastocyst.
- Continue with Estrace/Estradiol patch and Progesterone until the pregnancy test is done.
- Blood tests and ultrasound examinations are determined by your physician.

**Embryo Transfer**

- Preformed on day 4 or day 6 of progesterone.
- The IVF Nurse will call you two days prior to embryo transfer to determine what time to come in.
- Simple procedure, no anesthesia, home after 10 minutes in recovery room.

**Pregnancy Test**

- On the day of the transfer take it easy, no heavy lifting over 20lbs and no formal exercise. After the transfer you may resume regular activities.
- Performed 12-10 days after the embryo transfer.
- Pregnancy test will be scheduled by the nurse in the recovery room.

**Good luck and best wishes from all of us at Boston IVF!**