



## Standard Lupron - FSH Cycle

### Before Cycle Start

- ❖ Start Prenatal Vitamins
- ❖ Review questions with doctor
- ❖ Consent forms signed and witnessed at Boston IVF
- ❖ Approval from financial dept.
- ❖ Call IVF nurse cycle day 1.

### Day 21 (1 wk before menses)

- ❖ Start Lupron daily (0.1 ml = 10 units per day)
- ❖ Avoid pregnancy from cycle day 1 through to cycle day 21.
- ❖ Expect period 7-14 days after starting Lupron if no period within 14 days call nurse.

### Period Start

- ❖ Period start is defined as cycle day 1.
- ❖ Notify nurse when cycle starts
- ❖ Continue with Lupron but reduce dose to 0.05 ml = 5 units)

### FSH Start

- ❖ Nurse will instruct you when to start FSH medication
- ❖ FSH starts at the instruction of your nurse.
- ❖ Nurse will instruct you on amount FSH & for how many days
- ❖ You can combine the Lupron and FSH injections into one by simply placing the Lupron into the prepared FSH (can not be combined if you are using a multi dose FSH)

### Monitoring

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

### Trigger Injection

- ❖ When follicles (eggs) ready, you will be instructed to take trigger injection by IVF nurse
- ❖ Stop FSH and Lupron
- ❖ Egg Retrieval procedure is 36 hours after trigger injection
- ❖ Avoid ejaculation after trigger injection 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 778 Main st Suite 2
- ❖ 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

- ❖ 3<sup>rd</sup> day after eggs retrieved (5<sup>th</sup> or 6<sup>th</sup> 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!*

