**Introduction**

Lupron, 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 “GEEP” protocol for GNRH 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.

**Day 21 (1 wk before menses)**

- Start Lupron daily (0.1 ml = 10 units per day)
- Avoid pregnancy this cycle
- Expect period 7-14 days after starting Lupron

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**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 Vivelle patch, apply first patch and change every 3rd day
- Start progesterone and discontinue Lupron at instruction of Nurse. Embryo transfer day 4 of progesterone, day 6 if Blastocyst
- Continue with Estrace and Progesterone until the pregnancy test is done
- blood tests and ultrasound examinations are determined by your physician.

**Embryo Transfer**

- Performed on DAY 4 or 6 of Progesterone

**Pregnancy Test**

- The IVF Nurse will call you two days prior to embryo transfer to inform of 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.

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