



OCP/Antagonist - FSH Cycle

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

- ❖ Birth control pills taken from day 1 of period for 14 to 21 days or as instructed by your nurse
- ❖ Birth control pills stopped on a **Sunday**
- ❖ Start FSH/LH medication on **Saturday** after stopping birth control pills or as instructed by your nurse.
- ❖ The day FSH/LH is started is referred to as (FSH)Treatment (versus cycle) Day 1
- ❖ Nurse will instruct you on the dose of FSH to take & for how many days

Monitoring

- ❖ Typically started on FSH/LH Treatment day 6-8
- ❖ Consists of ultrasound and usually blood test
- ❖ Average is 3-4 per cycle
- ❖ Performed 6:30-8:45am
- ❖ Waltham + South Portland are the only center open weekends and holidays
- ❖ Appt scheduled by your nurse

- ❖ You will receive a call in afternoon after tests with instructions on FSH/LH medication, Cetrotide or Ganirelix dose.

Trigger of Ovulation Injection

- ❖ When follicles (eggs) ready, you will be instructed to take trigger of ovulation injection by nurse
- ❖ Do not take FSH, Cetrotide or Ganirelix when instructed to take trigger of ovulation injection.
- ❖ Egg Retrieval procedure is 36 hours after trigger of ovulation injection
- ❖ Avoid ejaculation after trigger of ovulation 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 778 Main Street, 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

- ❖ 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!

