

CYCLE CALENDAR

HUM THAW PROTOCOL

(Home Urine Monitoring)

If you receive your period, (cycle day one, the first day of a full flow red) after 5pm, call to speak to a nurse the following day. There is no urgency with any treatment plan to start that night.

Date	Instructions	Testing
1	Please call your IVF nurse with the onset of period	
11	Start testing urine for LH surge (do not use first morning urine) Call IVF nurse with surge	
0	LH Surge	
1		
2	Come in for blood work	Blood progesterone level checked If > 1.2 (transfer will be scheduled for 2 days later or 4 days later if blast) If < 1.2 (repeat blood progesterone in 2 days)
	The day before your embryo transfer expect an email from a nurse with timing and instructions for the transfer	