



CYCLE CALENDAR

FET/Letrozole Cycle Calendar

***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	Letrozole Dosage
1*	<p>____/____/____</p> <p>Please call your office nurse/clinical assistant with the start of your menses (cycle day one). You will receive instruction on when to start your letrozole.</p>		It is best to take your letrozole at bedtime; this will reduce any side effects that you may experience
2			
3	Date to begin Letrozole unless otherwise instructed		Take 3 tablets daily to = your dosage of 7.5mg
4			7.5 mg
5			7.5 mg
6			7.5 mg
7			7.5 mg
8			
9			
10			
11	You will come in for blood work and ultrasound on cycle day 11, you will receive a call from your nurse by the end of the day with results and instructions		
	You might need to come in for several blood work and ultrasound exams until we see you have a follicle measurable at 17mm or greater or until we see that your starting to ovulate on your own		
	You could be instructed based upon you testing that you would need to take a 1 time subcutaneous injection called OVIDREL (Ovidrel causes your body to ovulate)		OVIDREL
	If Ovidrel is taken and you have day5 embryo(s) you will have a transfer 7 days after Ovidrel injection. if you do not need Ovidrel and have day5 embryo(s) transfer will be 6 days later		
			You will be instructed to take Progesterone & estrogen supplement by your nurse
	The day before your embryo transfer expect an email from a nurse with timing and instructions for the transfer		
	Blood Pregnancy test happen 10 days after transfer		

* Cycle day one = start of period

** Stimulation day one = Day start FSH medication