



## CYCLE CALENDAR

### In Vitro Fertilization Cycle

#### Antagonist<sup>®</sup> - FSH

**\*If you receive your period, (cycle day one, the first day of a full flow bleed) 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	AM MEDS	PM MEDS
1*	____/____/____ <b>Notify team nurse of cycle start.</b>		Injections should be taken between 5-10am	Injections should be taken between 5-10pm
2				
3	Your nurse will instruct you when to start the FSH +/- LH stimulation medication			___ Units of FSH
4				___ Units of FSH
5				___ Units of FSH
6				
7		Blood test + ultrasound		
8	Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take			
9				
10	Antagonist( <b>Cetrotide or Ganirelix</b> ) will be started at the instruction of your nurse (when lead follicle reaches 14 mm)			
	____/____/____ The monitoring indicates follicles ready. Take hCG subcutaneously as instructed, Ovidrel)			Ovidrel injection (you will be instructed on a specific time)
	Evening prior to egg retrieval. Nothing to eat or drink after midnight			
0	____/____/____ <b>Egg Retrieval</b> 36 hours after hCG injection			
1	____/____/____ Day after Egg Retrieval			
2				<b>Start Progesterone</b>
	____/____/____ 3 or 5 days after Egg Retrieval			
	____/____/____ Pregnancy test (15 days after egg retrieval)			

\* Cycle day one = start of period  
 \*\* Stimulation day one = Day start FSH medication