

## CYCLE CALENDAR

### Intrauterine Insemination (IUI) Cycle

**\*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. \***

#### FSH Only

	DATE	INSTRUCTIONS	TESTING	AM MEDS	PM MEDS
1*	___/___/___	Please call your office nurse/clinical assistant with the start of your menses (cycle day one). Your nurse/clinical assistant will instruct you on which day to start your FSH (usually day 2 or 3 of cycle)			Injections should be taken between 5-10 pm (subcutaneously)
2					
3					units FSH
4					units FSH
5					units FSH
6					units FSH
7		Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take			units FSH
8			<b>Blood and Ultrasound</b>		units FSH
9					units FSH
10					units FSH
	___/___/___	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed ( <b>Ovidrel or HCG 10,000 units</b> )			
		IUI approx 36 hours IUI=intrauterine insemination			
		Pregnancy test (14 days after IUI)	Blood Test		