



## CYCLE CALENDAR

### Letrozole 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. \***

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 <b>Letrozole</b> unless otherwise instructed		2.5 mg = 1 pill/day 5 mg = 2 pills/day Other: _____
4			mg
5			mg
6			mg
7			mg
8			
9			
10			
11	<ol style="list-style-type: none"> <li>1. Begin Ovulation Predictor Kit on cycle day 11 or on _____.</li> <li>2. Please test your urine by 12 noon</li> <li>3. Call your nurse/clinical assistant with color change by 2 pm</li> <li><b>4. Schedule IUI for next day</b></li> <li>5. If no color change after 5 days of testing, contact your nurse. You will need to have blood and ultrasound done.</li> </ol>		
	<ol style="list-style-type: none"> <li>1. Have blood and ultrasound on cycle day indicated by your nurse</li> <li>2. Each day you come in for testing your nurse will call you between 3-5pm with your results and instructions</li> </ol>		
	If instructed take hCG subcutaneously (Profasi, Pregnyl, Novarel, Ovidrel) actual date is determined by testing		
	<b>IUI approx 36 hours</b> <b>IUI=intrauterine insemination</b>		
	Pregnancy test (14 days after IUI)	Blood Test	

\* Cycle day one = start of period

\*\* Stimulation day one = Day start FSH medication