



CYCLE CALENDAR

Natural-Insemination 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	
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 ovulation predictor kits</p>		
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11	<ol style="list-style-type: none"> 1. Begin Ovulation Predictor Kit on cycle day 11 or on _____. 2. Please test your urine by 12 noon (test the 2nd urine of the morning) 3. Call your nurse/clinical assistant with color change by 2 pm 4. Schedule IUI for next day 5. If no color change after 5 days of testing, contact your nurse. You will need to have blood and ultrasound done. 	<p>Use your 2nd urine of the morning when using your ovulation predictor kits.</p>	
	<ol style="list-style-type: none"> 1. Have blood and ultrasound on cycle day indicated by your nurse 2. Each day you come in for testing your nurse will call you between 3-5pm with your results and instructions 		
	<p>If instructed take hCG subcutaneously (Pregnyl, Novarel, Ovidrel) actual date is determined by testing.</p>		
	<p>IUI approx 36 hours after hCG IUI=intrauterine insemination</p>		
	<p>Pregnancy test (14 days after IUI) Call if your menses starts prior to pregnancy test</p>		

* Cycle day one = start of period