



**CYCLE CALENDAR**  
**In Vitro Fertilization Cycle**  
**Antagonist (Dual Lupron Trigger)**

**\*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	AM MEDS	PM MEDS
1	Notify team nurse on cycle day one of menses.			injections should be taken between 5-10pm (subcutaneously)
2				
3				_____ Units of FSH
4				_____ Units of FSH
5				_____ Units of FSH
6				_____ Units of FSH
7	Over the next several days you will have ultra sound and blood tests periodically and given instructions on the dosage of FSH to take	<b>Blood and ultrasound</b>		
8				
9	Antagonist ( <b>Ganirelix or Cetrotide</b> ) will be started at the instruction of your nurse (when lead follicle reaches 14 mm)			
10				
11				
12				
___/___/___	The monitoring indicates follicles ready. Take <b>Lupron 80 units</b> subcutaneously as instructed			Trigger shot (you will be instructed on a specific time to take this) <b>Lupron 80</b> units. You will need bloodwork the day after taking your trigger shot.
	Evening prior to egg retrieval. Nothing to eat or drink after midnight	Blood work		If retriggered then retrieval 2 days after
___/___/___	Egg Retrieval (36 hours after Lupron injection) Bring with your Generic hCG to the OR on the day of the Egg Retrieval			
___/___/___	You will receive a call, in the afternoon, with fertilization results.			<b>Progesterone &amp; Estrogen</b>
___/___/___ 3 or 5 days a After egg retrieval	Embryo transfer is usually done 3 or 5 days after egg retrieval			
	Pregnancy test (15 days after egg retrieval)			

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