




CYCLE CALENDAR

In Vitro Fertilization Cycle

Antagonist[®] - FSH

***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 of cycle start.		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(Cetrotide or Ganirelix) 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	____/____/____ Egg Retrieval 36 hours after hCG injection			
1	____/____/____ Day after Egg Retrieval			
2				Start Progesterone
	____/____/____ 3 or 5 days after Egg Retrieval			
	____/____/____ Embryo transfer Usually done on 3 rd day after egg retrieval(unless blastocyst culture done)			
	____/____/____ Pregnancy test (15 days after egg retrieval)			

* Cycle day one = start of period

** Stimulation day one = Day start FSH medication