




## CYCLE CALENDAR

### In Vitro Fertilization Cycle

### Estrogen Patch-Antagonist Protocol

**\*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
Cycle day 1*	Avoid conception from day 1 of cycle through day 24.		Injections should be taken between 5-10am	Injections should be taken between 5-10pm
Cycle day 24	<b>Start Estrogen 0.1mg Patch and change every 3 days</b>			
Cycle day 25	<b>Ganirelix 250 mcg every day in the pm for three days</b> begin on cycle day 25			<b>Ganirelix 250 mcg</b>
Cycle day 26				<b>Ganirelix 250 mcg</b>
Cycle day 27				<b>Ganirelix 250 mcg</b>
First day of menses (cycle day 1*)	<b>Notify your clinical assistant of cycle start</b>			
2	<b>Last Estrogen Patch on cycle day 2, leave on and allow to fall off or remove with HCG administration.</b>			Units FSH
3	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
4				Units FSH
5				Units FSH
6	Antagonist( <b>ganirelix</b> ) will be started at the instruction of your nurse (when lead follicle reaches 14 mm)			Units FSH
7				Units FSH
8				Units FSH
	___/___/___ The monitoring indicates follicles ready. Take hCG subcutaneously as instructed ( <b>Ovidrel</b> ) Remove patch if it has not fallen off yet.			hCG injection (you will be instructed on a specific time)
	Evening prior to egg retrieval. Nothing to eat or drink after midnight			
0	___/___/___ <b>Egg Retrieval</b> 36 hours after hCG injection			
1	___/___/___ Day after Egg Retrieval			
2				<b>Start Progesterone</b>
	3 or 5days after Egg Retrieval			
	___/___/___ Pregnancy test (15 days after egg retrieval)	Blood Test		

\* Cycle day one = start of period

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