

CYCLE CALENDAR
In Vitro Fertilization/Cryo (Freeze) All PGS/PGD (Genetic Testing)
OCP/Antagonist (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	first pill __/__/__ last pill __/__/__	Start birth control pill day 1 of cycle			injections should be taken between 5-10pm (subcutaneously)
2		Notify team nurse on cycle day one of menses.			
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	Blood and ultrasound		
8					
9		Antagonist (Ganirelix or Cetrotide) will be started at the instruction of your nurse (when lead follicle reaches 14 mm)			
10					
11					
12					
	__/__/__	The monitoring indicates follicles ready. Take Lupron 80 units subcutaneously as instructed			Trigger shot (you will be instructed on a specific time to take this) Lupron 80 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
0	__/__/__	Egg Retrieval (36 hours after Lupron injection)			
1	__/__/__	You will receive a call, in the afternoon, with fertilization results and an email/letter with number of embryo's cryopreserved, your genetic testing results will be discussed at the follow up visit with your MD of record.			