Boston IVF

CYCLE CALENDAR
In Vitro Fertilization Cycle

Luteal Estrogen Protocol® - 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*		Avoid conception from day 1 of cycle through day 21. Notify team nurse of cycle start			Injections taken subcutaneously between 5-10pm
21		**Begin Estradiol 2mg by mouth twice a day on cycle day 21 and continue until you have been instructed to stop by your nurse.**		**Estradiol 2mg**	**Estradiol 2mg**
				Estradiol 2mg	**Estradiol 2mg**
1		PERIOD STARTS* Notify Nurse Nurse will instruct you to start FSH /LH		**Estradiol 2mg**	**Estradiol 2mg**
2				**Estradiol 2mg**	**Estradiol 2mg**
3				**Estradiol 2mg**	**Estradiol 2mg**
4				**Estradiol 2mg**	**Estradiol 2mg**
		Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take			
		Antagonist **(Cetrotide or Ganirelix)** will be started at the instruction of your nurse (when lead follicle reaches 14mm)			
	___/___/___	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed **(Ovidrel)**			**OVIDREL** hCG injection
		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	You will receive a call, in the afternoon, with fertilization results and details for embryo transfer.			
2		Begin Progesterone			**Start Progesterone**
	___/___/__ 3 or 5 days after Egg Retrieval	Embryo transfer			
		Pregnancy test (15 days after egg retrieval)	Blood Test		

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