

CYCLE CALENDAR
In Vitro Fertilization Cycle
OCP/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	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
	___/___/___	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.			Progesterone & Estrogen
	___/___/___ 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)			