

CYCLE CALENDAR

In Vitro Fertilization Cycle OCP/Antagonist

***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 (Cetrotide or Ganirelix) will be started at the instruction of your nurse (when lead follicle reaches 14mm)			
10					
11					
12					
	___/___/___	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed.			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	You will receive a call, in the afternoon, with fertilization results			
2		Begin Progesterone			Progesterone Starts
	___/___/___ 3 or 5 days After the egg Retrieval	Embryo transfer Usually done 3 or 5 days after egg retrieval			
		Pregnancy test (15 days after egg retrieval)			



* Cycle day one = start of period

** Stimulation day one = Day start FSH medication