



**CYCLE CALENDAR  
IVF  
OCP/Microdose Lupron – 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. \***

	<b>DATE</b>	<b>INSTRUCTIONS</b>	<b>TESTING</b>	<b>AM MEDS</b>	<b>PM MEDS</b>
1*	start pill stop pill ___/___/___	Notify nurse of onset of period. Start birth control pill on day 1 continue for ≥ 14 days until <b>Sunday</b> (last pill).		injections should be taken between 5-10am (subcutaneously)	injections should be taken between 5-10pm (subcutaneously)
	___/___/___	<b>SUNDAY</b> Last day of pill.			
	___/___/___	<b>WEDNESDAY</b> Start Microdose (md) Lupron twice daily		10 units md Lupron	10 units md Lupron
				10 units md Lupron	10 units md Lupron
1	___/___/___	<b>FRIDAY</b> FSH/LH treatment day one.		10 units md Lupron units FSH	10 units md Lupron units FSH
2				10 units md Lupron units FSH	10 units md Lupron units FSH
3				10 units md Lupron units FSH	10 units md Lupron units FSH
4				10 units md Lupron units FSH	10 units md Lupron units FSH
5				10 units md Lupron units FSH	10 units md Lupron units FSH
6				10 units md Lupron units FSH	10 units md Lupron units FSH
7		Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take	Usually first blood test and ultrasound	10 units md Lupron units FSH	10 units md Lupron units FSH
8				10 units md Lupron units FSH	10 units md Lupron units FSH
9				10 units md Lupron units FSH	10 units md Lupron units FSH
10				10 units md Lupron units FSH	10 units md Lupron units FSH
	___/___/___	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed (Ovidrel)			<b>HCG injection</b>
		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 You will receive a call in the afternoon, with fertilization results and details for embryo transfer.			
2		Begin progesterone			Start Progesterone
		Embryo transfer Usually done on 3 <sup>rd</sup> day after egg retrieval( unless blastocyst culture done)			
	___/___/___	Pregnancy test (15 days after egg retrieval)			

\* Cycle day one = start of period

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