



OCP/Lupron - FSH Cycle

Before Cycle Start

- ❖ Start Prenatal Vitamin
- ❖ Review questions with doctor
- ❖ Consent forms signed and witnessed at Boston IVF
- ❖ Approval from financial dept.
- ❖ Call IVF nurse cycle day 1.

Starting OCP

- ❖ One month BEFORE treatment cycle, begin taking Oral Contraceptive Pill (OCP's) within 5 days after starting menses
- ❖ Take OCP for 14-21 days or as instructed by nurse.
- ❖ **Stop OCP on Sunday** or as instructed by nurse
- ❖ **Start Lupron daily** (0.1 ml = 10 units per day) 7 days before stopping OCP (**Monday**), when OCPs stop continue Lupron.
- ❖ Expect period within 4 day after stopping menses if no period call your nurse.

Period Start

- ❖ Period start is defined as cycle day 1.
- ❖ Notify nurse when cycle starts
- ❖ Continue with Lupron but reduce dose to 0.05 ml = 5 units)

FSH Start

- ❖ Nurse will instruct you when to start FSH/LH medication
- ❖ FSH/LH started on **Friday or Saturday** after stopping OCP or as instructed by your nurse/

- ❖ The day FSH/LH is started is referred to as Treatment Day 1 (vs cycle day)
- ❖ Nurse will instruct you on amount FSH/LH & for how many days
- ❖ You can combine the Lupron and FSH injections into one by simply injecting the Lupron into the prepared FSH (can not be combined if you are using a multi dose FSH)

Monitoring

- ❖ Typically started on FSH Treatment day 6-8
- ❖ Consists of ultrasound and usually blood test
- ❖ Average is 3-4 per cycle
- ❖ Performed 6:30-8:45am
- ❖ Waltham and Portland are the only center open weekends and holidays
- ❖ Appt scheduled by your nurse
- ❖ You will receive a call in afternoon after tests with instructions on FSH medication dose

Trigger of Ovulation Injection

- ❖ When follicles (eggs) ready, you will be instructed to take trigger injection by IVF nurse
- ❖ Stop FSH and Lupron
- ❖ Egg Retrieval procedure is 36 hours after Trigger injection in Waltham or South Portland 778 Main street, Suite 2
- ❖ Avoid ejaculation after Trigger injection until day egg retrieval

Day of Egg Retrieval

- ❖ Do not eat or drink after midnight before
- ❖ No perfumes, hairspray
- ❖ Performed in Suite 200 in Waltham office

- ❖ Nurse will advise time of sperm collect.
- ❖ Intravenous started by anesthesiologist
- ❖ After procedure, surgeon will review number of eggs etc
- ❖ You can not drive yourself home after
- ❖ Rest at home that day

Day after Egg Retrieval

- ❖ You will receive a call from nurse regarding fertilization

Progesterone

- ❖ Start progesterone 2 days after egg retrieval continuing daily
- ❖ Stop progesterone only if pregnancy test is negative – do not stop if spotting occurs

Embryo Transfer

- ❖ 3rd day after eggs retrieved (5th or 6th day for blastocyst transfer)
- ❖ Nurse will inform you what time to come in
- ❖ Will speak to doctor about embryos before
- ❖ Simple procedure, no anesthesia, home after 10 minutes in recovery room.
- ❖ On the day of the transfer take it easy, no heavy lifting or formal exercise. After the transfer you may resume regular activities

Pregnancy Test

- ❖ Performed 15 days after egg retrieval
- ❖ Pregnancy test will be scheduled by the nurse in the recovery room.

Good luck and best wishes!

