



## CYCLE CALENDAR In Vitro Fertilization Cycle Luteal 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. \***

	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		Start Lupron continue each evening and notify team nurse with the onset of period.			<b>10 units Lupron nightly until period starts</b>
1	___/___/___	PERIOD STARTS* Notify Nurse Reduce Lupron dose to 5 units Nurse will instruct you to start FSH /LH			<b>5 units Lupron nightly...</b>
	___/___/___				<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
			<b>Usually first blood test and ultrasound</b>		<b>5 units Lupron Units of FSH</b>
		Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take			<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
					<b>5 units Lupron Units of FSH</b>
	___/___/___	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed ( <b>Ovidrel or HCG 10,000</b> )			hCG injection
		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			<b>Start Progesterone</b>
	___/___/___ 3-5 days after Egg Retrieval	Embryo transfer Usually done on 3 <sup>rd</sup> day after egg retrieval( unless blastocyst culture done)			
		Pregnancy test (15 days after egg retrieval)	<b>Blood Test</b>		



\* Cycle day one = start of period

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