



OCP/Microdose Lupron - FSH Cycle

Preliminaries

- ❖ Start Prenatal Vitamins.
- ❖ Review questions with doctor
- ❖ Consent forms signed and witnessed at Boston IVF
- ❖ Approval from financial dept.

Day 1 (cycle before IVF Cycle)

- ❖ Call IVF Nurse on cycle day one
- ❖ Start Birth Control Pill on first day of full flow
- ❖ Expect period within one week after last pill
- ❖ Last pill (greater than 14 days) taken on a **Sunday**, (or as instructed by nurse).

Microdose (md) Lupron

- ❖ Md-Lupron is a much lower concentration than standard lupron & must be specially prepared by the pharmacist.
- ❖ Start md-Lupron on **Wednesday**, 3rd day after last birth control pill (day 24) or as instructed by your nurse.
- ❖ Take Md-Lupron in am & pm

FSH Start

- ❖ Nurse will instruct you when to start FSH/LH medication
- ❖ FSH/LH started on the 3rd day of md Lupron (**Friday**) or as instructed by your nurse.
- ❖ The day FSH/LH is started is referred to as Treatment Day 1
- ❖ Nurse will instruct you on the amount of FSH to take & for how many days
- ❖ You can combine the Lupron and FSH injections into one by simply placing the Lupron into the prepared FSH. (you can

not mix Lupron and FSH 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 centers 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 Injection

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



