

**CYCLE CALENDAR**  
**In Vitro Fertilization/Cryo (Freeze) All PGS/PGD (Genetic Testing)**  
**Luteal Estrogen Protocol® - 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
2 1	<b>Begin Estradiol 2mg by mouth twice a day on cycle day 21 and continue until you have been instructed to stop by your nurse.</b>		Estradiol 2mg	Estradiol 2mg
1	PERIOD STARTS* Notify Nurse Nurse will instruct you to start FSH /LH		Estradiol 2mg	Estradiol 2mg
2			Estradiol 2mg	Estradiol 2mg
			Estradiol 2mg	Estradiol 2mg
			Estradiol 2mg	Estradiol 2mg
	Over the next several days you will have ultrasound and blood tests periodically and given instructions on the dosage of FSH to take			
	Antagonist ( <b>Cetrotide or Ganirelix</b> ) will be started at the instruction of your nurse (when lead follicle reaches 14mm)			
	The monitoring indicates follicles ready. Take hCG subcutaneously as instructed ( <b>Ovidrel</b> )			<b>OVIDREL</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	You will receive a call, in the afternoon, with fertilization results and an email/letter with number of embryo's cryopreserved, your genetic testing results will be discussed at the follow up visit with your MD of record.			