



## Estrogen/Progesterone - Thaw Cycle

### Introduction

Estrogen and progesterone can be used to supplement the natural cycle to time embryo replacement of frozen/thawed embryos

The protocol described herein is called the “EEP” protocol for Exogenous Estrogen and Progesterone

### Before Cycle Start

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

### Cycle Start

- ❖ Call IVF Nurse on cycle day one -
- ❖ On DAY ONE, start Estrace tablets, each 2 mg, and take one tablet twice daily
- ❖ On DAY ONE, start Estradiol patch, apply first patch and

change every 3<sup>rd</sup> day or as instructed by your nurse.

Start progesterone at the instruction of your nurse. Embryo transfer day 4 of progesterone, day 6 if Blastocyst.

- ❖ Continue with Estrace/Estradiol patch and Progesterone until the pregnancy test is done.
- ❖ Blood tests and ultrasound examinations are determined by your physician

### Embryo Transfer

- ❖ Performed on day 4 or day 6 of progesterone.
- ❖ The IVF Nurse will call you two days prior to embryo transfer to determine what time to come in.
- ❖ Simple procedure, no anesthesia, home after 10 minutes in recovery room.

- ❖ On the day of the transfer take it easy, no heavy lifting over 20lbs and no formal exercise. After the transfer you may resume regular activities.

### Pregnancy Test

- ❖ Performed 12-10 days after the embryo transfer
- ❖ Pregnancy test will be scheduled by the nurse in the recovery room.

*Good luck and best wishes from all of us at Boston IVF!*

