

## YOUR IVF SCHEDULE (ANTAGONIST)

This is an outline of important dates for your IVF treatment. Please keep it in a handy location. If we notify you with changes, make the changes on this sheet promptly. Please do not guess about your instructions; phone us if you are unsure.

To reach us: Mon-Fri, 8:30 AM to 2:00 PM: phone **901-747-2229** and leave a message for the nurse. Messages after 2:00 PM are returned the next business day.

On weekends and holidays: page the nurse at **418-6353 before 2:00 PM**

For emergencies at any hour: **901-747-2229**.

All blood tests and ultrasounds are performed in our offices at 7:30 AM (Mon-Fri) and 8:00 AM (weekends and holidays).

_____	<b>Day 1</b>	This is the first day of your menstrual period. Call us at (901) 747-2229 before 2:00 PM. On the weekends or holidays page the nurse at 418-6353 <u>before</u> 2:00 PM.
_____	<b>Day 2,3 or 4</b>	Come in for vaginal ultrasound and blood tests (FSH, LH and E2). After your tests, start oral contraceptive pills (OCPs) one per day. Continue the active pills for 14 to 28 days.
_____	<b>Baseline</b>	Come in for your baseline ultrasound (usually on a Monday). Your nurse will phone you with instructions by 5:00 PM this day to either discontinue or continue your OCP's. She will also provide you with the dates to fill in the rest of this sheet.

At this point you should only be taking your prenatal vitamins (one a day). **Phone us with your next period.**

_____	<b>Stimulation Day 1</b>	You will start gonadotropin injections today (usually a Friday or Saturday). You and your husband will start your Doxycycline antibiotics today.
_____	<b>Stimulation Day 4</b>	Come in for E2 and LH tests. Your nurse will phone you with instructions by 5:00PM this day.
_____	<b>Stimulation Day 6</b>	Come in for E2 and LH tests and ultrasound. Your nurse will phone you with instructions by 5:00 PM this day. Your next day to return may be in one to three days. This pattern of visits will continue until your stimulation is complete.

At this point, you should be taking these medications:

1. Prenatal vitamin pills(one a day).
2. Doxycycline pills(one tablet twice a day for a total of 7 days).
3. Gonadotropins. injections(Gonal-F, Follistim, Bravelle)

You will usually start the once a day GnRH antagonist (Antagon or Cetrotide) injections sometime between stimulation day 6-8. Please follow your nurses instructions carefully.

When your stimulation is complete, your nurse will ask you to take hCG **at a specific time that evening** and you will be given your appointment time for your egg retrieval.

_____	<b>Day of hCG</b>	This is the day you take your hCG (Profasi or Pregnyl) 10,000 units (1 cc) by intramuscular injection. Stop your antagonist and gonadotropins today.
_____	<b>Next Night</b>	Take one Valium tablet before bed. Do <b>not</b> eat or drink anything after midnight.
_____	<b>Next Morning</b>	Your egg retrieval. Please do not wear any perfume, makeup or fingernail polish. Someone will need to be available to drive you home and stay with you this evening.

Special Instructions: