

## YOUR EGG DONATION SCHEDULE (OCP) For the Donor

This is an outline of important dates for your IVF egg donation. Please keep it in a handy location. If we notify you with changes, please 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**.

Before you begin, you should be familiar with injections and you will need the following:

1. Lupron,
2. Gonadotropins (Gonal F, Follistim, Bravelle or others),
3. Needles and syringes.

Please do not take any medications that were not prescribed by us without notifying us first. Remember to try and abstain from sexual intercourse during this IVF procedure. If you do have intercourse, you must use condoms. Unprotected sexual intercourse puts you, your recipient and any potential pregnancy of yours, at risk.

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>Lupron start</b>	Start your Lupron - 10 units (0.1 cc) subcutaneous injection daily.
	<b>Stop OCP</b>	Take your last birth control pill today.
		You should start your next period by this date. If not, notify us.

At this point you should be taking prenatal vitamins (one a day), and Lupron injections once a day. **Phone us with your next period.** Our nurse will return your call and provide you with the dates to fill in the rest of this sheet.

	<b>Baseline</b>	Come in for your baseline ultrasound and E2 blood test. Your nurse will phone you with instructions by 5:00 PM this day.
	<b>Stimulation Day1</b>	You will start gonadotropin injections on this date. Decrease your Lupron dosage to 5 units (0.05 cc) daily. You and your husband will also start your Doxycycline antibiotics today.
	<b>Day 4</b>	Come in for an E2 test. Your nurse will phone you with instructions by 5:00 PM this day.
	<b>Day 6</b>	Come in for an E2 blood test and ultrasound. Your nurse will phone you with instructions by 5:00 PM this day.

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, Repronex)

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 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.

**Thank you!**