

Stimulation Plan of Care
Controlled Ovarian Stimulation: Injections

Your medication(s) and starting dose(s):

_____ IU
_____ IU

First cycles only: Schedule injection teaching at least one week before anticipated start of stimulation. You and your partner will need to attend class. Medications will be ordered at this time.

| Menstrual Cycle Day | Medication | Monitoring | Reason for visit | Changes to plan |
|---------------------|--|----------------------|---|-----------------|
| Before cycle start | | | | |
| CYCLE DAY 1 | CALL NURSES LINE 919-572-4673, Option #2 | | | |
| 2 | Dose as above | Baseline Ultrasound | Rule out cysts or thick lining | |
| 3 | Dose as above | | | |
| 4 | Dose as above | | | |
| 5 | Dose as above | | | |
| 6 | Dose as above | | | |
| 7 | | Ultrasound Estradiol | Look for follicles; adjust medications if necessary | |

You will have ultrasound and estradiol tests every 2-3 days to determine when to take Ovidrel to release the eggs.

If Intercourse: Plan to have intercourse by 37-40 hours after the Ovidrel. Having intercourse 12 and 36 hours after the Ovidrel may help avoid missing your "date" (the 12 hour intercourse will provide a back-up if a conflict arises for 36 hour "date").

If Insemination: Insemination will be approximately 36 hours after Ovidrel.

You will start Prometrium after you ovulate (approximately 3-4 days after Ovidrel is fine).

Check a urine pregnancy test two weeks after insemination or intercourse. If pregnancy test is positive, continue Prometrium and schedule a blood test. If pregnancy test is negative, stop Prometrium and you will have a period.