

The Center for Reproduction & Women's Health Care

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Houston, Texas 77054

713-790-9900

Robert B. McWilliams, MD

Cycle Guide for In-Vitro Fertilization (IVF)

Cycle Preceding IVF Procedure:

Day 2- 7

Start Oral Contraceptive Pills (OCPs). Take one tablet daily at the same time each day. Continue these oral contraceptive pills until the pack is finished or as directed by your physician. You will only be completing the first 21 days of the pill pack. If a shorter or longer interval of taking your OCPs is advised, please follow your physician's instructions.

Day 18, 19, or 20

Call the office to schedule an ultrasound examination for Day 18,19,or 20. This is necessary to evaluate ovaries for cysts prior to beginning IVF.

Anytime

You will begin taking Lupron on a daily basis **as directed by Dr. Mac**. The normal daily Lupron dose is 0.1cc injected subcutaneously at the same time everyday.

You should begin to menstruate within 7 days after taking your last oral contraceptive pill. If this does not occur, please call for further instructions.

IVF Cycle:

Day 1

The first day of menstruation (flow) is cycle day 1. On this day you should call the office to schedule an **Ultrasound Examination**. This ultrasound is performed to detect any ovarian cysts prior to beginning medication to stimulate your ovaries. Often, an estradiol blood test will be run along with your ultrasound to make sure the ovaries have been sufficiently suppressed prior to their stimulation.

Day 2

Once the ultrasound examination has cleared you to begin the IVF Cycle, you should begin the injectable medications to stimulate ovarian follicle growth. The nurse prior to beginning this phase of the cycle will review **medication type, dosage, and administration instructions** with you. Please have any questions cleared up prior to beginning this important phase of treatment.

You will administer these medications at the same time each evening or twice a day as directed. Dosages may be adjusted during your cycle, based upon laboratory evaluations of hormone levels in conjunction with the ultrasound examinations of your ovarian follicular development.

As on Day 2, you should schedule ultrasound examinations and estradiol blood levels for monitoring of your ovarian response. Often, the first US and estrogen blood tests are scheduled after 4 days of stimulation.

Days 6-10

Please keep your appointments for ***ultrasound examinations and estradiol blood levels***. (Estradiol levels are not drawn on Sunday).

Days 8-10

You will be instructed to administer an hCG (Profasi, Pregnyl, Ovidrel) injection about this time of your stimulation. This injection is given 35 hours prior to egg retrieval. Take all scheduled medications (including injectables) today. The hCG injection should be the last injection given prior to egg retrieval.

Day 12 (35 hours after hCG injection)

Approximate Day of Egg Retrieval! This procedure is performed at the Infertility Center of Houston Office. After this is completed, your partner will need to collect a semen specimen.

On the day after your egg retrieval, you should begin your progesterone. Depending on your own circumstance, you may be asked to start Micronized Progesterone 200 mg vaginal capsules or Progesterone 50 mg intramuscularly a day. You will continue using your progesterone until notified to discontinue. Further Instructions will follow the pregnancy test.

Day 15 or 17 (3 or 5 days after Egg Retrieval)

Embryo Transfer Day! You will be scheduled to return to the office for your embryo transfer procedure. Please follow printed instructions regarding your care after embryo transfer.

Please Note: Embryo transfer day may vary according to your Doctor's recommendation.

Please Note: We recommend 72 hours of bed rest after embryo transfer!

Day 25 to 27

Twelve (12) days post-embryo transfer schedule ***Serum Pregnancy Test*** at the office.

Please Note: If you experience vaginal bleeding before this time, we recommend you still keep your appointment for serum pregnancy test as many patients spot prior to confirming a positive pregnancy test.

Information for IVF Cycles

- To schedule Ultrasounds and Blood test: (713) 790-9900
- To discuss Insurance Issues Business Office: (713) 790-9900 (Lindsey)
- To speak with a Nurse: (713) 790-9900 (Fatima, Eleanor, or Kathryn))

We all wish you the best of luck! ☺

THIS INFORMATION IS FOR DR. MCWILLIAMS PATIENTS ONLY!