

Stimulation Plan of Care
Controlled Ovarian Stimulation: Luteal Estradiol before 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	Estradiol 0.1 mg/d patch Start: <ul style="list-style-type: none"> • 7 days after ovidrel OR • 7 days after surge on ovulation predictor kit OR • Cycle day 21 Change patch every other day until baseline ultrasound			
CYCLE DAY 1	CALL NURSES LINE 919-572-4673, Option #2			
2	Dose Above	Baseline Ultrasound	Rule out cysts or thick lining	
3	Dose Above			
4	Dose Above			
5	Dose Above			
6	Dose 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.