

Stimulation Plan of Care  
 “MinStim”: Pills followed by Injections

You will be taking by mouth:

You will be taking by injection: \_\_\_\_\_ mg  
 \_\_\_\_\_ 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.

\*If you are planning back-to-back cycles: Leave message on Nurses Line (919-572-4673; press 2) on the first day of full menstrual flow to schedule baseline ultrasound on cycle day 1, 2, or 3. If you are planning to stimulate every other month, you may not need a baseline ultrasound.

Menstrual Cycle Day	Medication	Monitoring	Reason for visit	Changes to plan
Before cycle	None			
CYCLE DAY 1	CALL NURSES LINE 919-572-4673; press 2			
1, 2 or 3		*Ultrasound	*Evaluate for cysts	
3	Pills as above			
4	Pills as above			
5	Pills as above			
6	Pills as above			
7	Pills as above			
8				
9	Shot as above			
10				
11				
12 or 13		Ultrasound	Look for follicles; plan Ovidrel timing	

The ultrasonographer will tell you when to take Ovidrel after your Cycle Day 12 or 13 ultrasound.

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.