

Stimulation Plan of Care
Oral Agents (Clomid/Letrozole/Tamoxifen)

You will be taking by mouth: _____ mg

*If you are planning back-to-back cycles and a monitored cycle, you may need an ultrasound on cycle day 1, 2, or 3 to rule out cysts. If you choose to do a rest cycle, you may not need this ultrasound.

Menstrual Cycle Day	Medication	Monitoring	Reason for visit	Changes to plan
Before cycle start				
CYCLE DAY 1	CALL NURSES LINE 919-572-4673; press 2			
1,2, or 3		*Ultrasound	*Evaluate for cysts	
3	Dose as above			
4	Dose as above			
5	Dose as above			
6	Dose as above			
7	Dose as above			
8				
9				
10				
11		Start ovulation predictor kits		
12 or 13		Ultrasound if you are planning Ovidrel	Look for follicles and lining	

You can choose to do ovulation predictor kits or Ovidrel timed by your ultrasound.

If Intercourse: Plan to have intercourse the day of and the day after the surge on your kit or 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 the day following the surge or approximately 36 hours after Ovidrel. Call to schedule the insemination as soon as you know you are surging. If you surge on Friday, your insemination will be on Friday.

If you choose to use ovulation predictor kits, schedule a blood progesterone level seven or eight days after your surge on your kit.

Check a urine pregnancy test two weeks after intercourse or insemination. If pregnancy test is positive, schedule a blood test.