

Sample FSH Stimulation Cycle

Cycle day 1	2	3	4	5	6	7
Call clinical nurse to schedule screening ultrasound. This appt. is typically done between cycle days 1-5 depending on your protocol.			Stimulation medications (FSH) will start between cycle days 3-5. Your dosage info. will be given to you at the screening ultrasound. These are daily injections given in the evening .			
screening	ultrasound	→				
		<i>FSH</i>	<i>FSH</i>	<i>FSH</i>	<i>FSH</i>	<i>FSH</i>
8	9 Ultrasound E2 lab	10	11	12 Ultrasound E2 lab	13	14
We will monitor ovarian response to the medication by doing ultrasounds and blood work. The medication dosage might be adjusted based on your ovarian stimulation.						
<i>FSH</i>	<i>FSH</i>	<i>FSH</i>	<i>FSH</i>	<i>FSH</i>	<i>Ovidrel</i>	
15	16	17	18	19	20	21
We will instruct you on the timing of intercourse and/or IUI.						
22	23	24	25	26	27	28

- Call the office the first day of your period to schedule a **screening ultrasound** (cycle day 1 is the first day of good flow – not spotting). This ultrasound needs to be done within the first 3 days of your cycle. If your menses starts on the weekend, call the office first thing Monday AM to schedule this appointment. It is not necessary to page the on call person over the weekend.
- Be prepared to start injections by your screening ultrasound. You should have already reviewed on-line instructions and be knowledgeable regarding injection technique and have your medication ready.
- We will review your medication dosage/stimulation plan and give you a copy of your plan at this first appointment. We will also ask you to demonstrate your injection technique at this appointment.

******This is a sample calendar to demonstrate a typical FSH cycle. Keep in mind, every cycle will vary.******