Sample Hybrid FSH Stimulation Cycle

(Clomid or Femara in combination with FSH)

Cycle Day 1	2	3	4	5	6	7
Screening	ultrasound →					***Add FSH***
8	9 Ultrasound E2 Lab	10	11	12 Ultrasound E2 Lab	13	14
FSH	*FSH*	*FSH*	*FSH*	*FSH*	*Ovidrel*	
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Call clinical nurse to schedule screening ultrasound. This appt. is typically done between cycle days 1-3

Start Clomid or Femara Cycle day 3-7 as ordered. Stimulation medications (FSH) will **start** on cycle day 7. Your dosage information will be given to you at the screening ultrasound. These are daily injections given in the **evening.**

We will monitor ovarian response to the medication by doing ultrasounds and bloodwork. The medication dosage might be adjusted based on your ovarian stimulation.

We will instruct you on the timing of your ovidrel and dates for intercourse and/or IUI. Progesterone supplementation starts 3 days after ovidrel.

- Call the office the first day of your period to schedule a screening ultrasound. This ultrasound needs to be done within the first three days of your cycle. Cycle day 1 is the first day of good flow (not spotting) that starts before 8PM, for flow that starts after 8PM the next day is cycle day 1. If you 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 medications by your screening ultrasound. You should review the online instructions and be knowledgeable regarding injection technique and have your medication ready prior to your screening ultrasound.
- We will review your medication dosage/stimulation plan and give you a copy of your plan at this first appointment. We will answer any questions regarding self administration of injections at this appointment.

This is a <u>sample</u> calendar to demonstrate a typical hybrid/FSH cycle. Keep in mind, every cycle will vary.