

Egg Donor Medications

Prior to using your injectable medications, we request that you visit our website for free online injection training. Visit the homepage of our website: www.fertilitycentermi.com The training link is currently under “Resources” under the heading, “Freedom Injection Teaching.”

Basic Terminology

Subcutaneous (SQ or sub-Q) injection – a method of injecting medication where the needle is inserted into the fatty tissue. The needle is short (5/8” or 1/2”).

Intramuscular (IM) injection – a method of injecting medication where the needle is inserted into the muscle of the thigh or upper buttock. The needle is longer (1½”).

Lupron (leuprolide acetate)

Lupron desensitizes GNRH receptors in the brain to prevent secretion of gonadotropins (FSH and LH). *This prevents ovulation from occurring while the follicles are maturing.*

Administration of medication

To suppress ovulation: SQ injection packaged in a multi-use vial. You will be using ‘insulin type syringes’ to draw up the medication and inject. The Lupron will be given once a day, at the same time, preferably between 6 to 8 p.m. We will instruct you when to start, when to stop, and your specific dose. **DO NOT mix Lupron in the same syringe with any other medication.**

As trigger shot: 40 units SQ when instructed. Blood test for LH next day. 20 more units if indicated. **Even a 10-minute variation in the administration time could adversely affect your donation. Call our office or the nurse on call immediately if you were unable to administer the injection on time.**

Possible side effects

You may experience hot flashes, headaches, insomnia, fatigue, and/or irritability. You may also develop ovarian cysts, which would be diagnosed and evaluated at your screening ultrasound.

FSH/HMG (Gonal F, Follistim or Menopur)

FSH/HMG is used to increase follicle number and egg quality.

Administration of medication

Inject SQ once daily, **preferably between 6 and 8 p.m.**, at the same time each day.

Possible side effects

Some women may develop redness, itching and discomfort at the injection site. The irritation usually disappears after a few days. Mood swings, weight gain, hot flashes, nausea and insomnia may occur while taking FSH medication.

Ovarian hyperstimulation (OHSS): This occurs if your ovaries become extremely overactive in response to the medication. There are varying degrees of hyperstimulation: mild, moderate, and severe. We want you to be in a mild form of hyperstimulation to produce more than one egg in a cycle. In severe cases, fluid collects in the abdomen and possibly the lungs. Blood clotting may occur as well as fluid and electrolyte imbalances. Rarely, OHSS can lead to life-threatening complications. This is why it is extremely important to be monitored closely with ultrasounds and estradiol levels. **Note:** *Severe OHSS occurs less than 1% of the time.*

Symptoms include: Severe abdominal bloating, pelvic discomfort/pressure, weight gain of 3 pounds or more in 24 hours, nausea, vomiting, shortness of breath and general discomfort in any position. OHSS may require hospitalization. Call the office immediately if you experience any of these symptoms. This generally occurs after the hCG (Ovidrel) injection. OHSS symptoms peak 2-3 weeks after the hCG injection and then gradually resolve.

Ovarian torsion: While taking FSH medication, your ovaries will enlarge and become heavier than they usual. This makes it easier for them to twist (torse), cutting off their blood supply. **Call the office immediately if you experience severe abdominal pain, as this can be a surgical emergency.** To prevent this potential risk, we recommend limiting your activities. Do not do any bouncing activities from the time you start your FSH medications until your post operative exam. Avoid aerobics, running/jogging, horseback riding, swimming, trampolines, jet skiing, or other "bouncing" activities. Take caution with intercourse. Walking, swimming, stretching, and bicycle riding is fine in moderation.
Ovarian torsion is rare and occurs less than 1% of the time.

Ganirelix Acetate or Cetrotide

Inhibits the premature LH surge to prevent ovulation from occurring while the follicles are maturing.

Administration of medication

SQ injection given once daily in the morning. You will be instructed on when to begin this medication depending on your follicle size. Continue taking once daily, including the morning of the your trigger shot (Lupron or hCG)

Possible side effects

Most women have minor, if any, side effects on this medication.

hCG

Used to "trigger" ovulation, helps to mature the eggs, and make ovarian egg retrieve easier.

Administration of medication

This is an evening/late night IM injection. IVF nurse will let you know the *exact* date and time and how to inject your hCG. **Even a 10-minute variation in the administration time could adversely affect your donation. Call our office or the nurse on call immediately if you were unable to administer the injection on time.**

Possible side effects

This is the hormone that is excreted during pregnancy. Therefore you may feel “pregnancy like” symptoms. You may have nausea, tiredness, and/or breast tenderness. It can also cause a false positive pregnancy test for up to 10 days after administration.

Phenergan (promethazine)

Phenergan decreases nausea sometimes caused by the medication administered at egg retrieval.

Administration of medication

Take 50 mg orally (by mouth), once, one hour before egg retrieval. The pharmacy may dispense either two-25mg tablet or one-50mg tablet.

Possible side effects

Dizziness, drowsiness, and dry mouth.

Antibiotic (e.g. Zithromax)

Your antibiotic decreases risk of infection associated with the egg retrieval and embryo transfer.

Administration of medication

Starting one hour prior to egg retrieval, you will take 250mg orally, once daily for four days.

Possible side effects

Nausea, vomiting, diarrhea, photosensitivity, and/or rash.

Valium (Diazepam)

Valium decreases anxiety and improves muscle relaxation.

Administration of medication

Take 10mg by mouth, the night before the egg retrieval and another 1 hour prior to egg retrieval.

Possible side effects

Drowsiness and/or dizziness: Do not drive while on this medication.

It is important to take these medications as directed. Call us with any questions.

If you are a Lansing or Kalamazoo patient, and the office is closed, call the Grand Rapids office. If the Grand Rapids office is closed and you require immediate assistance, contact the doctor on call.

For true medical emergencies, call 911.