ESTROGEN PRIMING ANTAGONIST

DAY ONE full flow _____ Schedule for Aline

Please call ext 201 to report your period. A nurse will call you to advise of next steps.

DO NOT START ANY MEDICATION UNLESS ADVISED BY NURSE

Cycle day 10 - start testing with ovulation kit Date: _____
With first urine of the morning use **ClearBlue** Ovulation Predictor Kit **(OPK).**

Call x 201 with positive OPK

IF OPK is NOT positive by cycle Day 17, call nurses at x 617

☐ **Estrace 2mg twice daily** by mouth starting 2 days after a positive OPK

Start date: _____ Stop date: _____

☒ **Patches 100mcg** – starting 2 days after a positive OPK and apply every 2 days in the morning.

Dates: 1)_____2)_____3)_____4)_____5)_____6)_____7)_____8)_____

If you have applied your last patch and still have not had a period **OR** if you are on estrace and have not started a period for 3 days after New Expected Menses (NEM) call x 617 to speak with a nurse.

Continue medication and call x 201 to report your period. A nurse will advise of next steps ie when to stop your medication. **DO NOT STOP ANY MEDICATION** until you have spoken with a nurse.

Stimulation Schedule

DATE	STIM Day	☒ **Cetrotide 250mcg Injection** ☒ Once a day at 11:00am	☒ **Rekovelle 15mcg injection** Choose time between **4:00-7:00pm (same time daily)**	☒ **Menopur 150iu Injection** Take at same time as Rekovelle	☒**Decadron 0.5mg** **Daily** (by mouth)
	Last Patch				
	1		**15mcg**	**150iu**	**0.5mg**
	2		**15mcg**	**150iu**	**0.5mg**
	3		**15mcg**	**150iu**	**0.5mg**
	4		**15mcg**	**150iu**	**0.5mg**
	5		**15mcg**	**150iu**	**0.5mg**
	6	Alexis to advise if starting today			
	7				
	8				
	9				
	10				
	11				

THE NUMBER OF STIMULATION DAYS MAY VARY DEPENDING ON YOUR RESPONSE TO THE MEDICATIONS

Important Information – Please read closely

- Give your medications at the same time every day (within 1 hour)
- **Side effects of Cetrotide**: large red, raised area around injection site that can be itchy. Will resolve on its own within a couple of hours or can ice it or use Benadryl. **This medication is time sensitive** - Please do this injection as close to 11am as possible
- **A MESSAGE WILL ONLY BE LEFT ON VOICEMAIL WITH YOUR NAME IDENTIFIED.**
- On days that you have an ultrasound you will receive a call from a nurse advising them of the next dose of medication (if needed) and appointments. Be sure to pick up more medication if needed from the pharmacy.
- If you have questions during your treatment cycle, call the nurses ext. 617
- For afterhours emergency or injection medication concerns call at 613-722-7000 and ask to speak to the IVF doctor on call

GREEN VALLEY PHARMACY
Please note that the pharmacy cannot refund for unused medications
Phone # 613-688-5069
Business hours:
Mon-Fri 7:30am to 3:30pm
Sat – Sun and Statutory Holiday: 8:00am to 2:30pm

Do:

- Both partners should stop/decrease smoking and reduce or eliminate exposure to second hand smoke
- Take between 0.4mg-1mg of folic acid daily or a prenatal multivitamin
- Eat a balanced diet
- Continue to ejaculate every 2-4 days (if using fresh sperm) once injectable medications have started. You will be advised by RN when to abstain (2-3 days before egg retrieval). **NO INTERCOURSE** when on injections
- Advise a nurse if either partner develops an infection (has elevated temperature) and /or require any new medications (e.g. antibiotics)
- You may use Tylenol if needed

Don't:

- Consume more than 2 caffeinated drinks/day (both partners)
- Consume alcohol during treatment (both partners)
- Engage in exercise that involved jumping, bending, twisting movement (weights, high impact classes, jogging, yoga)
- Take part in activities that involve extreme heat (saunas, hot tubs, hot baths, etc) – **especially sperm providers**
- Take Aspirin, ibuprofen products such as Advil/Motrin

Hello,

Please find attached your **IVF schedule and Trigger Instructions** as we discussed on the phone- some dates are blank- you will be instructed on how to fill them when the time comes.

Please print your IVF schedule and Trigger Instructions and **bring them with you to each ultrasound appointment to fill in once a nurse calls you after the test. Please read the instructions on your IVF schedule read the "Do's and Don'ts" on your IVF schedule prior to starting your injections **

Please watch the following medication videos before starting your injections:
1. To get to the videos:

2. Go to https://conceive.ca/

3. Click on Videos (upper right) --> Injection teaching **or** click on this link https://conceive.ca/patient-resources/injection-teaching-videos/

4. Enter password- OFCNurse2022

5. Copy down the DIN numbers for your medications:
Gonal F DIN # 02270404
Luveris DIN #02269066 ***IF your dose is Luveris 150 IU, please watch the Luveris 150 video on conceive.ca ***
Cetrotide DIN #02247766
Menopur video:
https://www.ferring.ca/en/products/reproductive-medicine-and-maternal-health/reproductive-medicine-products/#reproductive-medicine-products-expanded-0
Rekovelle:
Video for the Rekovelle Prefilled Pen : https://rekovelle.ca/rekovelle-video.html
DIN is required for this website which is found on the medication box or 02487462

5. On the same screen on the right hand side click on "Access my MOMENTUM"

6. Enter the DIN numbers to watch your medication videos.

7. When you pick up your injections, pharmacy will also provide you with the brochures for each medication. Please follow the instructions in these brochures when you are preparing and injecting your medications.

After watching all the videos and reading all the instructions, if you still have some questions, please call your nurses **ext. 617** or call the My Momentum 24/7 phone line toll free at **1-800-387-8479**

There is always a doctor on call afterhours each day for emergencies only, they can be reached at 613-722-7000

Thank you,
OFC nurses