

Trigger Instructions

Date: _____

1. **Do not take** GonalF/Rekoverle/Menopur/Luveris today
2. **Take your last injection** of Decapeptyl/Cetrotide
3. Stop Decadron/CoQ10
4. You may require a blood test today
5. Take Milk of Magnesia (laxative) at bedtime. This may cause diarrhea
6. Start Dostinex 0.5mg vaginally every 3 days x 4 doses at bedtime (if applicable)

1) _____ 2) _____

3) _____ 4) _____

8. Take **one of the following** trigger medications:

- 1) Ovidrel 250mcg (1 pen) or 500mcg (2 pens) injection **tonight** at _____
- 2) HCG 10,000iu and Decapeptyl 0.2mg (2 syringes) **tonight** at _____
- 3) Decapeptyl 0.2mg (2 syringes) **tonight** at _____

Date: _____

Blood Test (**Freeze All Only**) at _____

Lorazepam/Ativan (mild sedative) 1mg (1 pill) at bedtime (if desired)

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Date: _____ **DO NOT USE ANY SCENTED PRODUCTS AS THIS IS HARMFUL TO GAMETES
(your support person also needs to abstain from scented products please)**

1. **DO NOT eat breakfast. NO foods/liquids.** You may brush your teeth. Support person can have breakfast
2. Weigh yourself this morning
3. Take Flagyl/Metronidazole (antibiotic) (IF APPLICABLE) with SIPS of water at _____
4. Arrive at _____ (Your egg retrieval will be 1 hour later).
5. You will stay for about an hour after procedure is complete. **YOU CANNOT DRIVE FOR 24 hours.** Someone must accompany you home
6. Bring Endometrin/Prometrium/Progesterone injection (IF APPLICABLE) with you
7. Bring your own water bottle with you for after the procedure

OIDREL INSTRUCTIONS

Supplies: Ovidrel Pen kit

- Go to <https://fertility.mymomentum.ca/en/index.html>
- Enter DIN # 02371588
- Click on Ovidrel Pen Intro
- Click on “How do I take Ovidrel?” Instructional Video

HCG MIXING INSTRUCTIONS

Supplies: 3ml syringe, a mixing needle (22 gauge 1 ½ “), an injecting needle (27 gauge, ½”), alcohol swab.

- Attach mixing needle to syringe
- Withdraw the syringe plunger to the volume of diluent that is to be removed from the vial (**1 ml**). Hold the syringe over the top of the sterile diluent vial and puncture the vial.
- Push the syringe plunger down to transfer the air from the syringe into the vial. Turn the vial upside down and pull back on the syringe plunger to withdraw **1ml** of sterile diluent from the vial.
- Remove the syringe from the diluent vial and slowly inject the liquid into the powder vial (hCG).
- Gently swirl until the powder is completely dissolved. Do not shake the vial because this will create bubbles.
- As soon as the powder has completely dissolved, turn the vial upside down and withdraw **FULL AMOUNT** of medication as instructed by physician/nurse.
- Remove the mixing needle from the syringe and replace it with the injecting needle (27 gauge, ½”).
- The medication should be injected into the skin on your abdomen a few inches below your navel...left or right.
- **THIS INJECTION CAN CAUSE LOCAL IRRITATIONS**

DECAPEPTYL INSTRUCTIONS

Take x2 pre-filled (ready to-use) syringes back to back at the exact time that was advised by your nurse