

Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics



Natural Cycle Frozen Embryo Transfer Patient Instructions

Patient(s) Name(s): _____

The Month Prior:

Be sure that all physical exams, PAP smears, uterine cavity evaluations, laboratory tests and necessary procedures are updated. Your IVF Coordinator will review the checklist with you. We also require that all financial arrangements be completed and deposits be made before the frozen embryo transfer (FET) cycle is initiated.

Please be sure to let us know when your last menstrual period started and your general cycle intervals (i.e., 28 days) so that we can be certain that all personnel will be available during the upcoming FET cycle. Since FET cycles are offered 12 months each year, it is possible that key personnel will be unavailable, so the FET cycle may need to be postponed until the following month.

While few medications are generally needed, please purchase all of your medications the month prior to your FET cycle.

- Last Menstrual Period: ___/___/___ with a cycle interval of _____ days.**
- Prenatal Vitamins Start and are continued throughout FET cycle.**

FET Cycle Starts!

Cycle Day 1, the beginning of menses, is considered the first day of full flow. You will be scheduled on **Cycle Days 1-4** for a **Baseline Ultrasound** and **Baseline Estradiol (E2)/Luteinizing Hormone (LH)** blood tests. If **Cycle Day 1** starts on Friday, please call and be firm with the answering service and let them know that you were instructed to call the IVF Coordinator or the physician on call with the onset of your period. We will try to see you on the same day or sometime over the weekend. If **Cycle Day 1** occurs on other days of the week, please call the office on the following morning and we will work you into the schedule.

Intercourse will not be restricted during the FET cycle prior to the actual FET procedure. You may want to lighten your workload to minimize stress. Please **do not** plan any out-of-town trips during the FET cycle.

Additional Medications:

Antibiotics will start for you following your negative baseline. Please continue them until the prescription runs out. You may take extra strength Tylenol for pain (e.g. headaches, pelvic fullness) but you should otherwise avoid all other medications unless approved by the ART medical staff.

Please start your antibiotics.

Monitoring:

Urinary LH testing will begin about four days before the expected LH surge (see worksheet) and will be performed twice each day. In general, we will also perform an ultrasound about two days before expected ovulation. Blood E2 and LH levels will also be periodically monitored. These procedures may need to be repeated as we try to determine the ideal time of the HCG injection and the FET itself.

HCG Injection Day:

___/___/___ S M T W Th F S

Take **Ovidrel at 6:00 p.m.**, unless otherwise instructed (___:___ a.m. p.m.)

Your FET is tentatively scheduled for

___/___/___ S M T W Th F S

The precise time of the FET will be decided closer to the actual day of transfer.

HCG + 5 Days:

___/___/___ S M T W Th F S

Medrol, 20 mg., will start on this day. Often, the patients will take all of them at breakfast. This medication will be continued for a total of 4 days until your prescription runs out.

Prometrium capsules, 100 mg each, will be started on this same day. Please place the capsules in your vagina, twice a day.

HCG + 6 Days:

___/___/___ S M T W Th F S

Please call to confirm the actual FET procedure time. If this is to take place over the weekend or on a vacation day, please call on Friday morning to confirm the time.

HCG + 7 Days, FET Procedure:

___/___/___ S M T W Th F S

Your FET will take place at ___:___ a.m./ p.m. You will be resting for about 30 minutes following the FET procedure.

There are no special instructions to prepare for the embryo transfer. On the day of the transfer, please eat and drink normally and insert your Prometrium capsules as prescribed. You will be asked to rest for 30 minutes following the transfer and you will remain at bedrest for the rest of that day and the following day. You may get up to use the toilet and be propped up on a bed or sofa to eat, read or watch television. For the first week after the transfer, you should avoid heavy lifting, pushing or vaginal intercourse. Normal activities can be resumed one week after the transfer.

Your pregnancy test will be done on ___/___/___

The ART team wishes you the best of luck!