

Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics



Egg Recipient Protocol Patient Instructions

Patient(s) Name(s): _____

In The Months Prior:

Be sure that all physical exams, laboratory tests and necessary procedures are completed. Your IVF Coordinator will review the checklist with you. We also require that all financial arrangements be completed and deposits be made before the stimulation cycle is initiated.

Please purchase all of your medications the month prior to your stimulation. This includes your and the donor's medications. Remember that these medications may not be easily obtained near-to-home or on the weekends/holidays, so always make sure that you have enough.

The donor's medications will be obtained by you and stored here at SRMS. In this way, we will be able to maintain anonymity of all the parties involved.

Your **Case Management** will take place before the stimulation cycle starts. We will call you to schedule this. Both partners are encouraged to attend. Please have both of you review the Egg Recipient packet prior to the meeting. Call

During your case management, please be prepared to do the following:

1. Learn the basics of the Egg Donation/Egg Recipient process. (Please review your packet!)
2. Learn how to give/receive the subcutaneous Lupron injections.
3. Have all consents signed.
4. Consider purchasing all medications if not already done at this point in time.
5. Have all financial arrangements and insurance concerns fully addressed.

The Month Prior To Stimulation:

Egg recipients come in all different "physiology forms". Here are some examples:

Hormone State	Pre-Cycle Medications	Protocol
<input type="checkbox"/> Premenopausal	Oral Contraceptive Pills & Prenatal Vitamins	The IVF Coordinator will let you know when to discontinue your oral contraceptive pills. Remember that the normal pill pack has 21 pills of active medicine and 7 days of "sugar" pills. We may ask you to break open a new pack to extend the 21 active pills to a greater length of time. This is a very safe process and actually provides a tremendous amount of control with regards to the initiation of your cycle. If you have some spotting or bleeding while taking the oral contraceptive pills, please do not be concerned because it will not affect the quality of your stimulation pattern. Once we decide what day will be your last active pill day, you will start your Lupron on that same last active pill day. You will take 20 units (0.2 cc) subcutaneously each morning until otherwise instructed. You will have your baseline ultrasound appointment approximately 5 days after starting Lupron .
<input type="checkbox"/> Menopausal	Estrogen, Progestin and	Some women will be on continuous hormone therapy while others are on

Egg Recipient Protocol Patient Instructions (cont.)

	Prenatal Vitamins	<p>cyclic therapy. To simplify the process, all patients will be moved to the cyclic therapy during the month prior to the replacement cycle.</p> <p>30 days prior: Estrogen Only: (Estrogen alone starts: ___/___/___) 12 days prior: Estrogen & Progest: (Progesterone start ___/___/___)</p> <p>The above “30 day” timeframe may need to be extended in order to better match the donor’s cycle.</p> <p>Once the above medications are completed, you will discontinue all of your estrogen and progesterone medications and you will have a baseline ultrasound appointment 4 days after finishing these medications. Do not restart any of your hormones. The injections will replace your hormones. Since you are in menopause, we will not be using any Lupron during your replacement cycle.</p>
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Cycle Starts!

You will be scheduled for a **Baseline Ultrasound** and a **Baseline Estradiol** blood test. At your baseline scan, you will also be instructed on how to give the intramuscular estrogen and progesterone injections. Your partner is strongly encouraged to attend.

The first day of estrogen injection will be arbitrarily called “Modified Replacement Day (RD) 2” and your cycle will now be reset to this new cycle day. Blood estrogen levels will generally be obtained on Monday and Thursday. The estrogen level results may influence the injection dosages, which will be given on Tuesday and Friday. On your RD 12, or so, we will perform an ultrasound in addition to the estrogen blood test.

You and your partner will start antibiotics on the same day the egg donor initiates her ovarian stimulation injections.

Intercourse will not be restricted until two days prior to the egg donor’s egg retrieval. You may want to lighten your workload to minimize stress. Please **do not** plan any out-of-town trips during the replacement cycle. Extra strength Tylenol is OK, but the ART team must clear all other medications. Always take your prenatal vitamins.

 IVF Coordinator

___/___/___
 Date

SEE YOU SOON!