

# WOMEN'S HEALTH PARTNERS, LLC

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## Schedule of what to expect once you start ovulation induction

- Call when you get your period to schedule baseline tests.
- **Baseline Evaluation**
  - Takes place around Cycle day 3 (the day you get your period is Cycle day 1).
    - Example: You get your period on a Monday, day Wednesday is cycle day 3.
  - Baseline evaluation consists of **blood hormone tests**. Certain patients will also require an **ultrasound** to evaluate their ovaries and uterus at the beginning of the cycle.
  - The day of your baseline tests, you will see the doctor to make fertility treatment plan for the cycle.
  - **Fertility medication information**
    - *Clomiphene, Letrozole, and Progesterone* are medications widely available at your nearby pharmacies.
    - *Ovidrel* must be obtained from pharmacies that carry fertility medications.
      - **Fertility pharmacies near Boca are:**
        - Walgreens 3000 N State Rd 7, Margate, FL 33063
          - Phone: (954) 979-9083
        - South Miami Pharmacy 7500 NW 26<sup>th</sup> St, Miami, FL, 33122
          - Phone: (888) 846-6745
          - Will deliver medication to your home.
      - **Ovidrel administration instructions**
        - Visit this link for an instructional video on how to administer Ovidrel injection.
          - <http://www.freedommedteach.com/eng/videos.html?play=ovidrel>
  - **Mid-cycle visit**
    - You will have a mid-cycle follow up ultrasound visit to check for follicle growth and a blood test to evaluate hormone production. To be ready for ovulation with Ovidrel “trigger” shot, we are looking for at least one follicle that is  $\geq 16$ mm with corresponding estradiol levels around 200 pg/mL.
  - **Ovidrel (hCG) injection**
    - Ovidrel injection will induce final oocyte maturation and trigger ovulation when the ovarian follicles are mature.
    - We will instruct you when you are ready for this injection and when to take the injection.
  - **Timed Intercourse**
    - Couple will be instructed when to have intercourse.
  - **Vaginal progesterone**
    - Progesterone helps support the endometrial lining of your uterus to allow implantation to occur.
    - After you take the Ovidrel, you will be instructed on when to start vaginal progesterone.
  - **Pregnancy test visit**
    - Schedule your blood tests and visit about 16 days after Ovidrel was administered.