

Name: Nadine Lindsay

Shady Grove Fertility Reproductive Science Centers

ANTAGONIST - VIVELLE PROTOCOL

(No birth control pills)

Medications

Vivelle Patch 0.1mg - transdermal 2 patches every other day, to start 5th day after LH surge.

Ganirelix or Cetrotide syringes.

Gonadotropin FSH (Follistim, Gonal-F, or Bravelle) and 75IU FSH&75IU LH (Repronex or Menopur)

Lupron Trigger # 1 vial - "Trigger" subQ injection.

Zithromax 1 gram - taken when directed evening before egg retrieval.

Prenatal vitamin 1 tablet every day.

It is critical that you carefully track the quantity of medications you have during your cycle. These medications may be difficult to obtain on short notice (many come through mail order pharmacies). If you are running low and need a refill, please confirm with your nurse how much to order before calling in your refill.

Date	Menses Day	Instructions
	1	Call your primary nurse with day 1 of menses. REMEMBER TO USE BARRIER

CONTRACEPTION THIS MONTH!

	10 to 15	Start LH predictor kit on day 10, call nurse with positive LH surge result. *if no surge by day 15 call the office to schedule blood work, lh and p4 will be drawn to estimate surge.
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		Begin using the Vivelle patch (2 patches) on day 5 after the LH surge as advised by the nurse. Replace patch every other day.
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		Start Ganirelix or Cetrotide injection on DAY 2 of the patch . You will only take 3 days of injections at this time. Dates for Ganirelix or Cetrotide: _____, _____, and _____.
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	1	Call your primary nurse with DAY 1 of menses (FULL FLOW). Schedule appointment for " Pre IVF Evaluation " ultrasound and bloodwork on day 2 of menses. Do not put on another new patch after this appointment. The patch that you have on this day is the last patch and stays on until it falls off or until your trigger injection.
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	2	**Office Visit. You will be called in the afternoon with your results.** No unprotected intercourse during the cycle.
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	Stimulation day 1	If blood work & ultrasound are within normal limits gonadotropins are started in the evening. Your nurse will review dosing instructions and give the date to return for follow-up monitoring. The stimulation with gonadotropins usually lasts 10 to 12 days, with frequent office visits. Dosing: A.M. _____ Dosing: P.M. _____
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		Once follicles are >14mm (or per physicians orders) you will be given instructions for continuing gonadotropins and re-starting Ganirelix or Cetrotide. When instructed, you will take your first dose of Ganirelix or Cetrotide that evening, and starting the next morning you will take the Ganirelix or Cetrotide once a day in the morning until instructed to stop.
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		Egg retrieval (approximate date)
		Embryo transfer (approximate date)

****INFECTIOUS DISEASE BLOODWORK MUST BE CURRENT FOR PATIENT AND PARTNER (WITHIN THE LAST 12 MONTHS) AND ALL CONSENTS MUST BE SIGNED AND RETURNED PRIOR TO STARTING TREATMENT. CONSENTS CAN BE SIGNED WITH A CLINICAL STAFF MEMBER, NOTARIZED OR SIGNED ELECTRONICALLY VIA ENGAGEDMD.**