



## Instructions for taking Gonadotropins

### Before your period starts

Schedule an injection class if you don't know how to self administer subcutaneous injections.

Confirm that your medications have been ordered if you don't already have the medication at home.

### Cycle Day 1, 2, or 3

Schedule blood work and an ultrasound exam to ensure that your hormone levels are normal and that you do not have an ovarian cyst.

### Cycle Day 3

Begin taking your gonadotropin injection tonight and continue to take it daily between 5 and 8 pm once you've heard from us that your results are normal.

### Cycle Day 7, 9, 11 ...

Return to the office for follicle monitoring (blood work and ultrasound exam) to assess your response. You will be instructed as to whether your dose of medication is being changed or if you should continue taking your current dose of gonadotropins.

If your body is trying to ovulate prematurely you will be instructed to start taking a GnRH antagonist (e.g., Antagon, Cetrotide) and will continue to take it daily along with your gonadotropins until you are ready for hCG.

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You will be instructed at what time to self administer the hCG (e.g., Ovidrel, Novarel) at home. Approximately thirty-six hours after the hCG injection you will have the intrauterine insemination performed. To ensure a good sample on the day of hCG, your partner should ejaculate on the day of the hCG shot or one day prior to hCG administration.

You may be asked to return for a progesterone blood test seven days later.

Your pregnancy test should be scheduled twelve days after the insemination.

If you have any questions, please do not hesitate to ask.

## Good Luck!