

Patient Education

Pre-Cycle Training

Patient Education: In Vitro Fertilization (IVF) Fresh Cycle, Using Standard Lupron

CHR's patient education for IVF with Standard Lupron consists of the following components:

1. [What is an IVF?](#) - a brief description of the procedure
2. [Pre-cycle checklist](#) - a list of pre-cycle tests and preparations
3. [Timeline of IVF at CHR](#) - what needs to be done and when
4. [Medications](#) - pharmaceutical company's instructions and information on medications used
5. [Consent Forms](#)
6. [FAQs](#)
7. [Completion/Question Form](#) - let CHR know you've read it, and ask questions

Please read each item carefully, and make a list of questions you might want to ask. This way, you will be more prepared when you meet with your nurse coordinator for your training session. When you are unsure about something along the way, you can always come back to this page to refresh your memory.

Every cycle stimulation may have to be individualized and, therefore, may end up deviating from the here described routine. Please always follow the instructions, given by the CHR staff. When in doubt, call CHR at 212-994-4400, rather than taking the wrong step. Our staff is available for inquiries 24 hours a day, 7 days a week.

1. What is IVF?

IVF is a procedure that can offer women who have blocked or absent fallopian tubes or men with low sperm counts a chance of parenthood. In an IVF cycle, you will take hormone injections/medications to encourage your ovaries to produce more than one mature egg. You will be closely monitored using ultrasound and blood tests while you take your medications to determine when your eggs are mature. Once your doctors have determined that your eggs are almost ready, you will use additional medication to allow their full development and your retrieval will be scheduled. Retrieval is a short in-office procedure for which you will be given light sedation. After your eggs are retrieved, they will be mixed with sperm (inseminated). The following day, our embryologists will check to see if the eggs accepted the sperm and are fertilized. Three to five days later, some of the resulting embryos will be placed in your uterus (embryo transfer), bypassing the fallopian tubes. Two weeks after the embryo transfer, you will find out if you have achieved pregnancy by having a blood test for pregnancy.

Go to <http://www.centerforhumanreprod.com/ivf.html#ivfhowwork> to read about IVF.

2. Pre-Cycle Checklist

A series of tests are required before an IVF cycle can take place, on both female and male partners. You should discuss your specific checklist requirements with your clinical-coordinator who will be responsible for guiding through this process.

Go to http://www.centerforhumanreprod.com/pdf/ivf_checklist.pdf to download the Pre-Cycle Checklist.

3. Timeline of IVF Using Standard Lupron Protocol

After the initial consultation with a physician (which determines the type of treatment you will be undergoing), you will need to complete all the required pre-cycle tests (please refer to [the Pre-Cycle Checklist](#) above). After this step is complete, you will wait for the start of your next period to start the IVF cycle. During this time, it is advised that you review the materials on this page to familiarize yourself with the process.

Standard Lupron Cycles

Go to http://www.centerforhumanreprod.com/images/standard_lupron.gif for a larger version.

The diagram shows a 34-day timeline. Key events include Ovulation at day 14, Sono at days 15-21, Baseline Sono at days 22-24, and Sono at days 25-31. Medication bars are shown for Lupron 1 mg (20 unit mark) from day 1 to 7, Lupron 10 units from day 1 to 7, FSH from day 7 to 14, and hMG from day 14 to 16.

From day 7 on hMG and FSH, doses will be adjusted according to the sono (ultrasound) and lab results.

You will be instructed to trigger ovulation with hCG when your follicles are ready.

Step 1	10 days before your next period	<ul style="list-style-type: none"> • Visit CHR for a blood test and ultrasound to confirm that you have ovulated. If you don't have regular menstrual cycles, we will give you specific instructions. • Start Lupron injections.
Step 2	Day 1 of your next period	<ul style="list-style-type: none"> • If your menstrual period does not start within two weeks of the start of your Lupron injections, please call us ASAP. • Call 212-994-4400 to make an appointment for baseline tests (ultrasound and blood work) the next day.
Step 3	Day 2 or 3 of your next period in the <u>in the morning</u> :	<ul style="list-style-type: none"> • Visit CHR for baseline ultrasound and blood work (as scheduled). • You will meet with your nurse coordinator to go over the medications. • You will also review the informed consent with the nurse coordinator. This is an opportunity to ask questions and sign the forms.
Step 4	Later the same day:	<ul style="list-style-type: none"> • When the results of your morning tests are available, your physician will determine the dosage of medications you will use.
Step 5	Day 7 of your cycle (After 5 days of hMG and FSH)	<ul style="list-style-type: none"> • Visit CHR for ultrasound and blood work. • After this day, your physician will adjust the dosage depending on your

This material is located online at www.CenterForHumanReprod.com/ivf_training_standard_lupron.html

	injections)	response to the medications.
Step 6	6-10 days after the start of FSH and hMG	<ul style="list-style-type: none"> You will visit CHR one or more times (as instructed), for monitoring (blood work and ultrasound).
Step 7	8-14 days after the start of FSH and hMG	<ul style="list-style-type: none"> You will be instructed to trigger ovulation with an hCG injection. See Medications section below for detail.
Step 8	34 hours after hCG injection	<ul style="list-style-type: none"> Visit CHR at 8 am for egg retrieval. Your husband (who will accompany you) will produce semen sample. Your eggs will be retrieved through ultrasound-guided needles. Retrieved eggs will be fertilized with the semen sample. Appointment for embryo transfer is given at this time. You will need to rest for 1-2 hours at CHR, then 2 days at home. Start Prometrium capsules twice daily (in your vagina).
Step 9	3 days after egg retrieval	<ul style="list-style-type: none"> Visit CHR at 8 am for embryo transfer. You will need to be accompanied by your partner or friend. Embryos will be transferred to your uterus through a catheter. You will need to rest for 1 hour at CHR, then 2 days at home. Appointment for pregnancy test, two weeks later, is given at this time. Start Progesterone injections today. Continue Prometrium and start Estrace pills (both vaginally) today.
Step 10	14 days after the embryo transfer	<ul style="list-style-type: none"> Visit CHR for pregnancy test.

4. Medications

For IVF cycles using the Standard Lupron Protocol, there are five main medications. The five main medications are followed by six support medications that you may be instructed to take. Brand names of the medications you use will vary, so we've listed the generic name on the left-hand column, with general information on each medication at the top of the right-hand columns. For links to the brand-name medications, please revisit the IVF Standard Lupron training page at http://www.centerforhumanreprod.com/ivf_training_standard_lupron.html.

Leuprolide Acetate	In IVF cycles, Leuprolide Acetate (often called Lupron, even though it's a brand name--a bit like Band Aid and Hoover) is used to prevent premature ovulation. Because Leuprolide Acetate does this by suppressing the estrogen production in your body, you will need either Follicle Stimulating Hormone (FHS) and/or Human Menopausal Gonadotropin (hMG) to encourage follicular development. Leuprolide Acetate is taken as subcutaneous injections.
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	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Lupron		N/A	
	Follicle Stimulating Hormone (FSH) is used in IVF cycles to stimulate your ovaries to produce multiple mature eggs. FSH is taken as subcutaneous injections daily.			
Follicle Stimulating Hormone (FSH)	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Bravelle®	N/A		
	Follistim®			
	Gonal-f®			
	hMG contains natural follicle-stimulating hormone (FSH) and luteinizing hormone (LH). In IVF cycles, hMG is used to regulate ovulation and encourage growth of multiple eggs when clomiphene citrate did not work well. hMG is taken as subcutaneous injections daily.			
Human Menopausal Gonadotropin (hMG)	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Repronex®			
	Menopur®	N/A		
	hCG is similar to LH. In an IVF cycle, one-time injection of hCG is used to trigger ovulation to get your mature eggs ready for insemination. You should wait until you are instructed specifically to administer this injection.			
Human Chorionic Gonadotropin (hCG)	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Novarel™	N/A		
	Pregnyl			
	Profasi	N/A	N/A	N/A
	Ovidrel			

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Progesterone	Progesterone is used to thicken your endometrium (lining of the uterus) so that the implantation of fertilized egg(s) will be easier. Medications used in ovarian stimulation can suppress progesterone levels in your body, so it is important to supplement it with exogenous progesterone. You will be taking both Progesterone injections and Prometrium vaginally. ▶Inject 50 µg Progesterone once a day. ▶Insert 2 capsules (200mg) Prometrium in your vagina 3 times a day.			
	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Prometrium®		N/A	
	Progesterone		N/A	N/A
Micronized Estradiol	Micronized estradiol helps maintain and build your uterine lining so that the transferred embryos will find a comfortable environment there. ▶Insert a 2mg tablet in your vagina 3 times a day.			
	Brand Name	Printable Instruction	Video Instructions	Prescribing Information
	Estrace	N/A	N/A	
Micronized DHEA	DHEA improves the quality of eggs and embryos. ▶Take one 25mg pill orally, 3 times a day with meals. ▶Continue until the positive pregnancy test.			
Baby Aspirin	Aspirin helps in IVF cycles by increasing blood supply to your uterus and ovary. It also prevents clotting. ▶Take one 81mg pill daily.			
Prenatal Vitamins	Prenatal vitamins prepare you for the task of carrying pregnancy to term. ▶Take one pill a day.			
Prednisone	Prednisone suppresses male hormones and immune function. It improves the likelihood of embryo implantation. ▶Take one 10mg pill daily until further instructions.			
	Brand Name	Printable	Video	Prescribing

Center for Human Reproduction
 21 E. 69th Street, New York, NY 10021 Tel: 212-994-4400 Fax: 212-994-4499

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	Instruction	Instructions	Information
Prednisone	N/A	N/A	
Doxycycline	Doxycycline is an antibiotic used to prevent infection after the egg retrieval. ▶Take one 100mg pill twice daily, for 5 days. ▶Wait for specific instructions.		

5. Consent Forms

All signed informed consent documents are required prior to any procedures performed at CHR. Please read through the following informed consent forms according to your planned treatment(s) so that you are well informed by the time you meet with your nurse coordinator for further explanation and signing of the form(s). You should NOT sign the consent form(s) until you meet with your nurse coordinator.

- Go to http://www.centerforhumanreprod.com/pdf/affirmation_consent.pdf to download the Affirmation of Sexual Intimacy Form.
- Go to http://www.centerforhumanreprod.com/pdf/ivf_consent.pdf to download the Informed Consent for IVF.
- Go to http://www.centerforhumanreprod.com/pdf/ivf_consent_addendum.pdf to download the Addendum to Informed Consent for IVF.
- Go to http://www.centerforhumanreprod.com/pdf/med_consent.pdf to download the Informed Consent for Fertility-Enhancing Medications.
- Go to http://www.centerforhumanreprod.com/pdf/cryo_consent.pdf to download the Informed Consent for Cryopreservation of Embryos.
- If you are using donor sperm, go to http://www.centerforhumanreprod.com/pdf/sperm_donor_consent.pdf to download the Informed Consent for Sperm Donor Insemination.

6. FAQs

What is IVF?

-- IVF is a procedure that can offer a chance of parenthood to women who have blocked or absent fallopian tubes, or men with low sperm counts. In an IVF cycle, you will take hormone injections/medications to encourage your ovaries to produce more than one mature egg. You will be closely monitored using ultrasound and blood tests while you take your medications to determine when your eggs are mature. Once your doctors have determined that your eggs are almost ready, you will use additional medication to allow their full development and your retrieval will be scheduled. Retrieval is a short in-office procedure for which you will be given light sedation. After your eggs are retrieved, they will be mixed with sperm (inseminated). The following day, our embryologists will check to see if the eggs accepted the sperm and are fertilized. Three to five days later, some of the resulting embryos will be placed in your uterus (embryo transfer), bypassing the fallopian tubes. Two weeks after the embryo transfer, you will find out if you have achieved pregnancy by having a blood test for pregnancy.

Why am I using the Standard Lupron protocol?

-- If you are a woman with evidence of normal ovarian function, then you will most likely use standard Lupron. Lupron is an injectable medication which will protect you from ovulating until your eggs are mature.

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How long will my standard Lupron cycle take from start to finish?

-- In most cases, you will begin using Lupron about 8 to 10 days before your next menstrual period (see [Timeline section](#) above). Your ovulation induction will begin on the second day of your menstrual cycle with additional injectable medications. From the time you begin the additional medications until your egg retrieval, it will be 8 to 14 days. Your embryo transfer will occur 3 to 5 days after your retrieval. Thus, from the time you begin using Lupron until the time of your transfer, it will be about 4 to 5 weeks.

How many visits should I expect to make?

-- Approximately 5-8 visits.

What if my husband/partner will be out of town during the treatment?

-- We can freeze his sperm for back-up, in case he is not in town on the day of your IVF procedure. If he turns out to be in town on the day of the procedure, he can always provide fresh sample.

What are the most common side effects of the hormone medications?

-- Symptoms similar to PMS (Premenstrual Syndrome) are the most common. You may experience bloating, mood swings, cramping and headache. It is okay to take Tylenol as needed. Symptoms from these medications may continue for up to two weeks after your last dose. In fact, some women continue to experience symptoms for the first few weeks of pregnancy.

7. Completion/Question Form

If you need to complete the online pre-cycle training, your last step is to go to

http://www.CenterForHumanReprod.com/training_ivf_standard_quiz.php to fill out the Completion/Question Form and print it out. Please take the printout to your next appointment with your physician.