

# Sample Egg Retrieval Cycle

# HARBOR IVF DOULA

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
First day of period.		Bloodwork and ultrasound, get est. date of retrieval.  Start injections of follicle-stimulating and luteinizing hormones, such as Gonal F & Menopur.  Stop Exercise.			Bloodwork and ultrasound.  Start Gonadotropin-releasing hormone, such as Ganirelix.	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Bloodwork and ultrasound.	Bloodwork and ultrasound.	Bloodwork and ultrasound.  Stop daily injections, take trigger injection, such as Ovidrel		Bloodwork, partner ejaculation (if applicable).	Start antibiotics, partner abstain (if applicable).	Egg retrieval, partner sperm collection (if applicable)

## PRIOR TO EGG RETRIEVAL CYCLE

- Pretesting for underlying basis of infertility
- Sperm analysis of partner (if applicable)
- Bloodwork and establishing of baseline levels
- Genetic testing of both partners (if applicable)
- Uterine ultrasound
- Ordering medication needed for egg retrieval cycle

## AFTER EGG RETRIEVAL

- Following procedure – receive report of how many oocytes collected, how many fertilized?
- 5-7 days later - embryos are cultured to blastocyst stage, pre-implantation genetic testing (PGT) performed on those that reach this stage
- 10-14 days later - results of pre-implantation screening (if relevant)

This sample calendar is based on a typical transfer cycle and is intended for educational purposes only. Individual treatment plans vary significantly. Your medications, dosages, timing, and monitoring schedule will be determined and adjusted by your physician based on your specific medical situation and cycle response.

This document does not replace medical advice, diagnosis, or treatment. Patients should rely solely on the instructions provided by their fertility clinic or treating physician.

# Sample Transfer Cycle

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
First day of period, begin estrogen pills						
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
		Bloodwork and ultrasound.	Bloodwork and ultrasound. Progesterone injection (start 5 days before transfer).	Bloodwork and ultrasound. Progesterone injection.	Bloodwork and ultrasound. Progesterone injection.	Bloodwork and ultrasound. Progesterone injection.
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	9-12 DAYS AFTER
Progesterone injection.	Embryo transfer					Blood test to determine if pregnant.

## PRIOR TO TRANSFER CYCLE

- Bloodwork and baseline testing for patient
- Testing of TSH Thyroid levels - begin thyroid replacement if necessary.
- Perform „mock“ cycle if necessary

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# My Egg Retrieval Cycle

HARBOR IVF DOULA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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