

CYCLE PLANNING SHEET

This sheet will help prepare your cycle plan. It is applicable only for Self Cycles (Intended Mother undergoing stimulation and egg pick up). Consider this as 'Tentative Schedule' only. IVF Stimulation and other medical processes are extremely dynamic and cannot be predicted accurately.



	August 27, 2014	Wednesday	Start Biphasic Oral Birth Control Pills	IM NAME	Shalini
	September 25, 2014	Thursday	Stop Birth Control Pills (Take last pill today)		

CYCLE DAYS	DATES	WEEK DAY	PARTICULARS / ACTIVITIES (TENTATIVE)	DRUG 1 NAME (Dosages)	DRUG 2 NAME (Dosages)	DRUG 3 NAME (Dosages)	DRUG 4 NAME (Dosages)	TESTS / INVESTIGATIONS	COMMENTS
				Inj. Gonal - F (IU)	Inj. Luveris (75 IU)	Inj. Orgalutron (0.25mg)	Inj. Decapeptyl (0.1mg)		
DAY 1	September 30, 2014	Tuesday	Expected Menstrual Cycle, Stimulation Started	300	75			1. USG : Antral Follicular Count 2. Blood E2 Estradiol Test	Start Stimulation only after undergoing tests
DAY 2	October 1, 2014	Wednesday	Start Stimulation, if not started on day 1	300	75				
DAY 3	October 2, 2014	Thursday	Continue Stimulation	300	75				
DAY 4	October 3, 2014	Friday	Continue Stimulation	300	75				
DAY 5	October 4, 2014	Saturday	Journey to India	300	75				
DAY 6	October 5, 2014	Sunday	Visit to SI office; Scan, Blood tests	300	75			1. USG : Antral Follicular Count 2. Blood E2 Estradiol Test	Change medications, dosages if required
DAY 7	October 6, 2014	Monday	Continue Stimulation	300	75				
DAY 8	October 7, 2014	Tuesday	Scan; Blood Test; Anesthesia Check; Semen Freezing (+/- 1 day)	300	75	Inj. Orgalutron (0.25mg)		1. USG : Antral Follicular Count 2. Blood E2 Estradiol Test	Change medications, dosages if required
DAY 9	October 8, 2014	Wednesday	Scan; Blood Test; Agreement Signing, SM Meeting (+/- 2 days)	300	75	Inj. Orgalutron (0.25mg)			
DAY 10	October 9, 2014	Thursday	Tests; Continue Stimulation	300	75	Inj. Orgalutron (0.25mg)		1. USG : Antral Follicular Count 2. Blood E2 Estradiol Test	Change medications, dosages if required
DAY 11	October 10, 2014	Friday	Trigger Shot (+/- 1 day)	300	75	Inj. Orgalutron (0.25mg)	Inj. Decapeptyl (0.1mg)		
DAY 12	October 11, 2014	Saturday	Rest day	No drugs to be taken	No drugs to be taken	No drugs to be taken	No drugs to be taken		Rest Day
DAY 13	October 12, 2014	Sunday	Egg Pick Up (+/- 1 day); Fresh Semen						Admission in morning at Hospital
EMBRYO STAGES						Useful Links			
DAY 0	October 12, 2014	Sunday	ICSI / IVF; Embryo Formation						Cycle Types
DAY 1	October 13, 2014	Monday							Understanding ET, EF, Blast
DAY 2	October 14, 2014	Tuesday	Embryo Transfer : Day 2 /(+1 day)						Itinerary Details
DAY 3	October 15, 2014	Wednesday	Embryo Freezing						IVF Videos
DAY 4	October 16, 2014	Thursday	Earliest IP can leave country						
DAY 5	October 17, 2014	Friday	Blastocyst Transfer (if embryos kept for blastocyst culture)						
DAY 15	October 26, 2014	Sunday	SM B-HCG (Pregnancy Test)						