

Tips from Boston IVF on Medications and Treatment Cycles

Calling to start a cycle

When you get your period, call the office during business hours, 9 am to 4 pm only.

Example: Your period begins at 6pm and your information says to start medication on cycle day. Call the following day, the next day will be defined as cycle day 1. **Please do not page the doctor on call to report the onset of menstruation.**

Medication supplies

When you get your medications and supplies home from the pharmacy, take everything out of the box or bag. Lay everything out on a counter or table. Make sure that you have every medication and all the supplies that you are going to use during treatment. *Don't wait until the day you need something to look for it in the box or bag. Searching for an open pharmacy at 11:30 on a Sunday night looking for hCG isn't any fun at all!*

HCG (Profasi, Pregnyl, Novarel)

Perhaps the most confusion occurs with this medication. Many manufacturers package a 10 ml (ten) bottle of water (diluent) with a bottle of 10,000 units of powder. **Withdraw ONLY 1 ml (one) of water and throw away the other 9 ml (nine). All 10,000 units of powder will dissolve in the 1 ml (one).**

HCG (Ovidrel)

This medication comes in a pre-filled syringe which needs to be refrigerated once received from the pharmacy.

Reconstituting Medications and Injection Techniques

It is best to review the techniques during office hours prior to starting medications. Additional after hours resources may be available from your fertility specialty pharmacies including:

1. Village Pharmacy (www.villagepharmacy.com 866-89-8930)
2. Freedom Drug (www.freedomdrug.com 800-660-4283).

Test results and further instructions

When you have a blood test and expect results and instructions that same day: *If you haven't yet received your message by 4 pm it's vital that you call your nurse immediately. Otherwise, you might not be able to get the results until the following day.*

Your Phone Service and Accessibility

1. If you have call intercept our phone system will be blocked from contacting you directly. Please disable this feature when you expect a telephone call from us.
2. Please leave an identifying outgoing message on your answering machine or voice mail so we can confirm that we are indeed leaving the correct message for the correct individual.

Sperm Collection for IUI or IVF

The stress of being asked for a semen specimen on a specific day at a specific time causes some men to be unable to produce. If there is any chance that specimen collection will be difficult, please speak with your doctor well in advance. There are several possible solutions to this problem but we must know about this possibility before the day of a scheduled procedure. Please also remember that the male partner **must** bring in the semen specimen himself along with photo identification.

The Doctor on call

For your safety, there is a Boston IVF doctor on call 24 hours a day for medical emergencies only. Please address all routine questions including test results and cycle starts with the office staff during business hours (9 am to 4 pm) Mon – Fri. Nurses are also available for questions 9 am to 3 pm on weekends and holidays.