



## Letrozole/Gonadotropin Combination Therapy

1. Call the office on cycle day one 586) 576-0431. Leave a message in the ovulation induction/nurses voicemail. Someone will call you back to schedule your cycle day 3 lab work and ultrasound.
2. On cycle day 3 you will need to have a transvaginal ultrasound and blood work. We check FSH: follicle stimulating hormone and E2: estradiol (estrogen) levels. Once your results have been reviewed by the doctor, we will call you with an update. If everything is within normal range, you will start your Letrozole. The dose is 2.5mg (one tablet) cycle days 3-7.
3. On cycle day 8, you need to have a repeat ultrasound and E2 done. You will start your injections tonight, for 2 nights. (scheduling may differ due to weekends)
4. Each time you come in for monitoring, you will receive a call from our office. Your results will be reviewed and you will be given further instructions. You can expect to return every couple of days for ultrasound and E2.
5. Once your follicle(s) are in the mature range, you will be instructed to stop your gonadotropin medication and take your HCG (Ovidrel). This is a one time per cycle injectable medication used to "trigger" ovulation. It needs to be given subcutaneously or into the "fatty layer", just beneath the skin. Whether it is given in the abdomen or thigh, its mechanism of action is the same. If you are using Ovidrel for the first time, you may bring it with you on the day of your mid cycle ultrasound. Providing you have follicles in the mature range, we can give (demonstrate) how to administer the medication. You will then be scheduled for insemination or instructed to have intercourse every other day for one week.

One week after taking your HCG/Ovidrel, you will be asked to come into the office to have a progesterone blood draw to confirm ovulation.

Two weeks from HCG, you will be asked to return for a blood pregnancy test.

Please avoid any product that contains ibuprofen or aspirin such as Motrin or Nuprin. Ibuprofen has the potential to interfere with ovulation. Tylenol is acceptable.

Avoid *strenuous* exercise such as high impact aerobics or heavy lifting.

Please notify the office of any medications you are currently taking.

### **Common Side Effects:**

You may experience headache, irritability, depression or fatigue. Please notify us if you are concerned about reactions you may be experiencing.

Instructions for administration of Ovidrel are also available at:  
[www.seronofertility.com](http://www.seronofertility.com)