



Replacement Cycle FET-FDET Worksheet, EDI

Please bring this worksheet with you to each visit.

Patient Name: _____

*Day of Week	Day of Cycle	Date	Lupron (cc's or Units)	Estradiol 1mg tab (by Mouth)	Intramuscular Progesterone	Crinone 8% Vaginal Gel	Evaluation	Vivelle Dot 0.1 mg (possible)
	Baseline						E2 and US	
	1		Drop to 0.1 ml or 10 units	One tab three times daily				
	2			One tab three times daily				
	3			One tab three times daily				
	4			Two tabs three times daily				
	5			Two tabs three times daily				
	6			Two tabs three times daily				
	7			Two tabs three times daily			US/E2	(If lining < 6mm, add Vivelle Dot 2 to 4 patches every two days)
	8			Two tabs three times daily				
	9			Two tabs three times daily				
	10			Two tabs three times daily				
	11			Two tabs three times daily			US (Possible)	
	12			Two tabs three times daily				
	13			Two tabs three times daily				

*Day of Week	Day of Cycle	Date	Lupron (cc's or Units)	Estradiol 1mg tab (by Mouth)		Crinone 8% Vaginal Gel	Evaluation	Vivelle Dot 0.1 mg
	14			Two tabs three times daily				
	15		Last Lupron	Two tabs three times daily			US (Possible)	
	16			Two tabs three times daily				
	17			Two tabs three times daily	50 mg P4 Injection (1cc) at Bedtime	Insert vaginally once in the afternoon		
	18			Two tabs three times daily	50 mg P4 Injection (1cc)	Insert vaginally once per day in morning		
	19			Two tabs three times daily	50 mg P4 Injection (1cc)	Once per day in AM		
	20			Two tabs three times daily	50 mg P4 Injection (1cc)	Once per day in AM		
	21			Two tabs three times daily	50 mg P4 Injection (1cc)	Once per day in AM		
	22			Two tabs three times daily	50 mg P4 Injection (1cc)	One immediately after embryo transfer	EMBRYO TRANSFER** Time: _____ AM/PM	
	23			Two tabs three times daily Continue this dose until 10 weeks of pregnancy or until notified otherwise.	50 mg P4 Injection (1cc) See further instructions below.	Once per day in AM See further instructions below.		Continue current regimen until 10 weeks of pregnancy or until notified otherwise.

- Some patients place an ice pack to the injection site prior to and immediately following the progesterone injection to decrease discomfort. Later, a warm heating pad or warm baths may reduce the soreness.
- **With a positive blood pregnancy test, you may discontinue the progesterone injection and switch to using the Crinone 8% gel Twice per day until 12 weeks of pregnancy.**
- **Continue with the Estrace tabs and possible Vivelle until your blood pregnancy test and then if positive, until 10 weeks of pregnancy.**

** **Embryo Transfer**

On the day of the transfer, please eat and drink normally. Do not insert your Crinone gel the morning of your transfer. Insert when you arrive home. Following the transfer, you will be asked to rest for 30 minutes in the office and then you will remain at bed rest at home for the rest of that day and the following day. You may get up to use the toilet and be propped up on a bed or sofa to eat, read or watch television. *Relax, you deserve it!*

For the week following the transfer, your activities should be very limited, without any heavy lifting, pushing or vaginal intercourse. You may resume intercourse after this period of time.

If another physician prescribes medication to be taken following the transfer of embryos, please have the physician contact us before you take any medications.

Please do not smoke, drink alcohol or consume more than one caffeinated beverage each day following the transfer. Hot tubs and scuba diving are also to be avoided.

Your pregnancy test will be done on ___/___/___

The Embryo Donation International team wishes you the best of luck!