

## IVF-treatment, long protocol

Your treatment plan includes an IVF (in vitro fertilization) treatment according **to the long, i.e. agonistic, protocol**. The treatment will begin at a scheduled time, which you have received during your treatment planning appointment.

### Signing up for treatment

Sign up for treatment when your menstrual bleeding starts by contacting the infertility nurse. The first day of your menstrual cycle is the first day of bleeding. If the bleeding starts during the evening after 6 pm, the next day is considered the first day of the menstrual cycle.

A nurse will give you instructions on starting of your treatment with suppression medication. You will also receive an appointment to the outpatient clinic for a suppression ultrasound exam.

### Suppressing ovarian function

The function of your ovaries will be suppressed from the 18th–21st day of your menstrual cycle on wards by using hormone medication. Use the medication that has been prescribed for you, **starting from the date agreed with your care provider, and keep using the medication until the suppression ultrasound** according to the following instructions:

- **Synarela® nasal spray:** 1 spray to each nostril every 12 hours (4 doses of spray a day).
- **Suprecur® nasal spray:** 1 spray to each nostril 3 times a day every 8 hours (6 doses of spray a day).
- **Procren pds®:** One injection, the effect lasts for approximately 4 weeks.

**Remember to keep track of the number of doses you have taken: do not exceed the number of doses in the spray bottle!**

During the suppression phase you can experience side effects such as sweating, headache, and mood swings. You will have a withdrawal bleeding 7 to 14 days after starting the medication.

### Suppression check ultrasound

The ultrasound is performed 12 to 14 days after you have started the suppression medication. During the ultrasound, the doctor will make sure that the suppression has been successful.

During the appointment **you will receive instructions** on starting the ovarian stimulation medication, i.e. the FSH injections and the dosage, as well as the dosage for the suppression

medication. In addition, you will receive an ultrasound appointment for the following week to monitor how you respond to the treatment. During the stimulation phase, **the suppression medication continues for the entire time, but the dosage is lowered** so that the nasal spray is only taken on one nostril 2 or 3 times a day.

## Ovarian stimulation

The goal of the stimulation is to induce the growth of multiple ovarian follicles simultaneously. The ovarian stimulation treatment is usually started on a Thursday.

The FSH medication, including **Gonal-F®**, **Menopur®**, **Fostimon®**, **Pergoveris®**, or **Bemfola®** is injected daily at the same time, usually for 9 to 12 days. **Elonva®** is a long-acting medication, and its effect lasts for 7 days. You will receive instructions from the nurse on how to inject the medicine.

## Ultrasound monitoring at the outpatient clinic

Your body's response to the stimulation treatment, i.e. the growth of the follicles and the endometrium, is monitored through ultrasound examinations. Depending on how your body responds to the treatment, the dosage of the FSH injections may be adjusted.

### Please note

During the stimulation treatment, patients will often feel pain similar to menstrual pain and lower abdominal pain associated with vibrating motion, such as walking or driving on a bumpy road.

The stimulation treatment causes the ovaries to enlarge, and **you should avoid sports for 2 weeks, from the start of the treatment onwards** (body rotation movements, jumping, horseback riding etc.). In addition, make sure that **you consume enough fluids**, around 3 liters per day.

## Preparatory OPU appointment

Schedule more time for your last ultrasound appointment. The IVF-nurse will give you individual instructions for the ovum pick-up procedure (OPU). The day depends on how your body has responded to the treatment.

During the preparatory OPU appointment, your care provider will go over the OPU procedure, when you should stop taking your current medication, and the dosage and at what exact time you should inject the **Pregnyl®**, **Ovitrelle®** or **Gonapeptyl®** medication, which releases the follicles from the ovaries. You will also receive patient instructions for the [Ovumpick up and embryo transfer](#) procedures, and instructions and a sampling kit for your partner's semen sample, if required.

## **Problem situations and contact information**

Contact the IVF nurse if you develop itchy rash, severe abdominal pain, severe headache, visual disturbances or difficulty breathing.

All communication **can be done through the Kaiku Health application** after you have been registered as a user. **It is not possible to contact the infertility clinic staff during**