

## IVF-treatment, short protocol

Your treatment plan includes an IVF (in vitro fertilization) treatment according to **the short, i.e. antagonistic, 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.

**Regulation of the menstrual cycle:** If needed, the timing of your menses can be influenced with medication, which will help time the treatments according to the planned schedule. If medical regulation of the menstrual cycle is used, you will receive instructions regarding the medication and other treatment instructions when you sign up for treatment.

### Ovarian stimulation

The goal of the stimulation is to induce the growth of multiple ovarian follicles simultaneously. The starting date for the stimulation treatment, the injected medication and **the dosage are decided on an individual basis**.

The medication to stimulate the ovaries, known as 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 1 or 2 ultrasound examinations. The appointments are made on an individual basis. Depending on how your body responds to the treatment, the dosage of the FSH injections may be adjusted.

### Starting the ovulation prevention medication:

In IVF treatment, medication such as **Cetrotide®** or **Fyremadel®** is used to prevent the premature release of the follicles. The injections are usually started from the 5th day of stimulation treatment onwards. You will receive instructions on when to start the medication when you sign up for treatment.

## **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 [Ovum pick 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 weekends.**