

This instruction is intended for our patients who are in a care relationship. The Wellbeing Services County of South West Finland. Turku University Hospital

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. If fertility laboratory capacity is full on the week the procedure is planned, it is possible that the treatment is postponed to the following month.

Signing up for treatment

Ask the pharmacy that the medicines prescribed to you are available and ask for the correct storage instructions.

Sign up for treatment when your menstrual bleeding starts by contacting the infertility nurse, if you suspect your period might **start during the weekend, contact the nurse beforehand on Friday morning** for instructions.

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®, Bemfola®, Menopur®, Meriofert®, Fostimon®, Rekovelle® or Pergoveris®**, is injected daily at the same time, usually for 9 to 12 days. You will receive instructions from the nurse on how to inject the medicine. In addition, we can add injection video guides onto the digital care pathway.

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 **Ganirelix®**, **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 Ovitrelle®, Gonasi® 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 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 My path -channel** after you have been registered as a user. The fertility outpatient clinic staff **is not available during the weekends**.