

Ovarian stimulation

The purpose of ovarian stimulation (ovulation induction) is to grow egg cells (follicles) and ensure that the egg is released. **The ovulation stimulation is achieved using oral medication in tablet form or by using hormone medication that is administered through subcutaneous injections.** The injection medications are collectively called FSH injections. The treatment carries a risk of multiple pregnancy, which we try to mitigate by observing your body's response to the stimulation treatment through ultrasound examinations (follicle ultrasound).

Signing up for treatment and starting treatment

Sign up for treatment every time in the beginning of your menstrual cycle (on the 1st to 3rd day of your cycle) **by contacting the fertility nurse** through **the My path -channel** or by calling during the appointed hours. 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 to be the first day of the menstrual cycle.

The fertility nurse **will give you personalized instructions** on how to start the planned treatment and will book an appointment to a follicle ultrasound examination for you. The tablet medication is usually used for 5 days in the beginning of the menstrual cycle, and FSH injections are administered daily according to separate instructions. **Do not start taking the medication on your own!**

Follicle ultrasound examination

The purpose of the examination is to determine the amount of developing follicles and their growth speed. The exam is performed vaginally, meaning that you should have an empty bladder. You will be given further instructions after the ultrasound. If **insemination** is part of your treatment plan, you will be given separate instructions for it, as well as instructions and a sampling kit for your partner's semen sample, if required.

If the treatment response is too strong, the team can make a patient specific decision to recommend sexual abstinence, retrieve excess follicles, or change the treatment plan to in vitro fertilization.

Timing of the ovulation

Starting from a specific date, **you must take at home ovulation tests**, also known as LH tests, to determine when the egg cell is released (when ovulation takes place). You can find LH test from pharmacies and supermarkets. Due to their varying quality, we do not recommend using

LH tests that have been bought online. **Do the LH tests in the late mornings** according to the package instructions. The egg is released about 24 hours after the LH test becomes positive.

It is also possible to use an injection, also known as a trigger shot, to release the egg. After the injection, the ovulation occurs in about 36 hours. You will learn when the shot is injected during your outpatient clinic appointment.

Insemination/timed intercourse

You must contact the fertility nurse when the ovulation test is positive to schedule **an insemination appointment**. You can find more information from the instructions you have received.

If your treatment plan does not include insemination, have timed intercourse every other day after the LH test becomes positive. After the trigger shot, you should have daily intercourse for the next couple of days.

Pregnancy test and follow up care

You can take a urine pregnancy test 18 days after the ovulation test becomes positive or 18 days after receiving the trigger shot.

Contact the fertility nurse to plan appropriate follow-up care if the pregnancy test is positive or your menses start.

Contact details

All communication **can be done through the My path -channel** after you have been registered as a user. The fertility clinic staff **is not available during weekends!**

Fertility nurse phone 02 313 2343, available

- Tuesday: from 1 to 1.30 PM
- Thursdays: from 1 to 1.30 PM