



Timetable Of A Typical Frozen Embryo Treatment Cycle

Days 1- 2	Phone in with period date or day 1 or 2 of cycle. Tel No: 01865 221900 If the period starts at the weekend, leave a message on the answerphone together with a day time telephone number.
Days 1 - 7	A nurse will call you back to discuss the treatment cycle - usually within 2-3 days of your initial call. A drug prescription and schedule for the treatment cycle is posted out. Advice about obtaining the drugs will be included. <i>The prescription is valid for 28 days</i> The schedule clearly states the starting date for the drug which will induce down regulation: (nasal spray or subcutaneous injections). The date for the next appointment – the down regulation blood test - is clearly indicated on the schedule.
Day 21	Start sniffing the nasal spray (Nafarelin or Buserelin) or injecting (Buserelin) These drugs block the link between the pituitary gland in the brain and the ovaries, preventing premature ovulation and allowing accurate control of the treatment cycle. This is the period of “down-regulation”. As the woman reaches down regulation, she should experience a withdrawal bleed and may experience some of the side effects of the menopause such as headaches, hot flushes and not feeling as cheerful as usual.
2 – 3 weeks later	<i>N.B. Payment will be required where appropriate before the Down Regulation blood test</i> Blood test at the Unit to check down-regulation has been achieved and the circulating oestrogen level is at baseline. Once this has been achieved, then oestrogen tablets are started which will increase the thickness of the lining of the uterine cavity (the endometrium)
Next 12/13 days	Oestrogen tablets are taken. The dose of tablets taken each day is gradually increased.
12/13th day	An Ultrasound scan is performed to measure the thickness of the uterine lining. This scan is usually performed on a Thursday or Friday. Once it is thick enough we will advise you of <i>the exact day and time</i> to come in for your embryo transfer. This is usually carried out between Monday and Wednesday of the following week but can sometimes be later than this. Once we have decided which day we will perform your embryo transfer, you will be advised when to stop sniffing and when to start your progesterone pessaries
The day of Embryo Transfer	Unit staff perform the embryo transfer which is usually arranged from late morning onwards.
The next 2 weeks	Oestrogen tablets and progesterone pessaries are continued.
Pregnancy Test	You will be advised when to do your pregnancy test. This will depend on the stages the embryos had reached when they were transferred into your uterus. Most couples prefer to do this test at home and then ring in with the result.
Pregnancy test result	The result of this pregnancy test MUST be communicated to the unit. Administration staff will speak with you to learn of the result and one of the nurses will contact you to discuss the result – usually the same day.
Pos/Neg Result	If the result is positive the drugs MUST be increased and continued. You will be advised about this when you call the unit. If the result is negative you do not need to continue taking the drugs and we will offer you a consultation with a senior doctor.