

Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology
www.myobgynoffice.com

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Ovulation Induction (Clomid/Letrozole) Instructions:

- If you need to have your period started, you will be given a prescription for progesterone to take each evening for 10 days or until your period starts, stop the medication once you start your period. The first day of your period is considered the first day of your cycle (cycle day #1).
- You might be asked to do an initial fertility panel on day #3, call the office to schedule this. This panel checks an FSH, LH, Prolactin and TSH.
- Take Letrozole (or Clomid) on day #3 - 7 of your cycle for a total of 5 days.
- Use an ovulation predictor kit (or monitor), we suggest "ClearBlue" to detect the LH surge. Once the color indicator changes, have intercourse that day and the next 3 days, OR have intercourse every other day from cycle day #10 - 18.
- A progesterone level generally needs to be drawn between day #21 - 24, call the office to schedule this.
- Make a telehealth appointment around day 28 of your cycle. At that visit, we will review your cycle, timing of LH surge, progesterone level and frequency of intercourse. If you are not pregnant, we prescribe another cycle of clomid/letrozole. If your period starts before the scheduled appointment, please call.
- Once you ovulate on a particular dose of medication, we will continue the same dose; your greatest chance of getting pregnant is within the first 4-6 ovulatory cycles.
- Don't forget to document your progress: period, dates medication are taken, LH surge, and timing of intercourse.

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