

# OVULATION INDUCTION INSTRUCTIONS

Stefanie McCain, MD, FACOG

1. Day 1 of your cycle is the first day of bleeding, whether it happens with a naturally occurring period or is induced with Progesterone. Starting on Day 5 of your cycle, take the prescribed medication (Clomid or Letrozole) for 5 consecutive days (Cycle Days 5,6,7,8,9)
2. If you require medication to have a period, then this will be artificially induced with Progesterone. Take one tablet of medroxyprogesterone acetate (Provera), 10mg, per day for 10 days. The bleeding/period should start within 1-5 days of finishing the tablets. The first day of bleeding is Day 1.
3. Starting on Day 9, you should check your urine daily for ovulation with a commercially available ovulation predictor kit. The optimal time is between 1000AM and 2PM. I recommend the Clear Blue Easy kit for all my patients because it is easy to interpret. It is available in most drug stores. There will be a “smiley face” that appears on the day of “surge”, which is the release of LH (luteinizing hormone). This hormone triggers ovulation. Most women will ovulate, or release an egg 24 hours after this trigger. Other commercially available kits use a system similar to a pregnancy test kit, with a control line and a test line. When the test line brightness of color is equivalent to that of the control line, the result is positive and ovulation has occurred.

4. Begin timed intercourse on Day 9. I recommend that you have intercourse every 36-48 hours for 5 days prior to ovulation and 5 days after ovulation. The most fertile time will be 24 hours after the “smiley face” appears on your kit, usually around Day 14.
5. If you do not have a “smiley face” or color change on your ovulation predictor kit during your cycle please call the office to schedule a blood test for Progesterone on Days 22-24 of your cycle. This will help to decide whether or not you are truly ovulating or not. This will also help determine if your dose needs to be increased.
6. If no menstrual bleeding has occurred by Day 35, please check a pregnancy test and call the office with the results.
7. PLEASE NOTE that careful timing is required to use these medications and appropriately time your cycles. GET A CALANDAR! There are also apps such as Fertility Friend available at [fertilityfriend.com](http://fertilityfriend.com).
8. There is a great book, Taking Charge of Your Fertility, by Toni Weschler, that can help you understand the hormonal nature of the menstrual cycle. The more knowledge you have about how conception occurs, the better you will understand these prescribed treatments. Knowledge will help you work with us on achieving conception as efficiently and quickly as possible!
9. Generally, most patients will use ovulation induction medications for 6 cycles once ovulatory. If unsuccessful, we will discuss the next options.

Please call the office with any questions: 325.690.0620