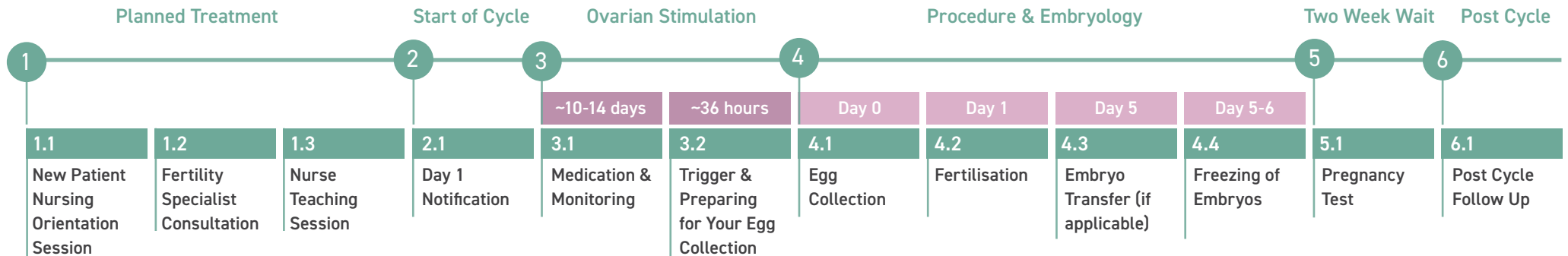


Your  
**cycle navigator**

The Fertility Centre's guide to your IVF Cycle



## Your Treatment Cycle: What to Expect



### What is the 'Cycle Navigator'?

The Cycle Navigator outlines the key stages and activities you'll likely undertake during your IVF treatment. It offers an overview of what to expect at each step and provides helpful resources along the way.

This is a general guide, and your individual journey may vary. Your dedicated care team will provide personalised instructions and support throughout your treatment and can answer any questions you may have.

### How can we improve the 'Cycle Navigator'?

Have your say [here](#)

## 1.1 New Patient Nursing Orientation Session

### Your to-dos

Prior to your Nursing Orientation Session, return your new patient registration form and patient history form for both you and your partner.

Bring to this session any previous ultrasound results, blood results and semen analysis results.

Begin taking an antenatal supplement containing folic acid.

### Things to consider

- There is no fee to pay for this session and it will run for approximately 1 hour. We would prefer if both you and your partner attend this session.
- The nurse will go through any test results you have and let you know if there are other tests that the Dr will need you to do. They will provide you with the correct forms and advise you where to attend for these tests.
- Some of your blood tests may be bulk billed if you are Medicare eligible.
- Review the information that will be given to you regarding the fees to pay. If you would like clarification on the information in these documents, then please call us at the clinic

## 1.2 Fertility Specialist Consultation

### Your to-dos

This appointment will be at our clinic with the Fertility Specialist. Both you and your partner will need to be at this appointment together.

If you are eligible for a Medicare rebate, ensure you have a GP referral for the entirety of your IVF cycle. The referral will need to be addressed to the Fertility Centre and have both you and your partners name on it.

Ensure that any tests the nurse has discussed with you at your Nurse Orientation Session have been completed prior to the consultation with the Fertility Specialist.

If you haven't already provided the clinic with your ID and Medicare details, you will be asked to do this.

### Things to consider

- The Fertility Specialist may request that you do further blood tests for Genetic Carrier Screening.
- The Fertility Specialist will discuss the treatment that is most suitable for you and your partner at this consultation.

## 1 Planned Treatment

### 1.3 Nurse Teaching Session

#### Your to-dos

If this is your first IVF cycle, attend a Nurse Teaching Session.

Discuss any medications you are taking with your nurse to ensure they are considered in your treatment.

During your Nurse Teaching Session, you will be advised on how to complete your treatment consents. For any subsequent IVF cycles, your care team will advise you how to update and sign consents again. You must complete your consent forms before you start your IVF treatment.

At this session, your nurse will give you your medications and advise you on how to store them. They will educate you on when the medications will be used and demonstrate how to inject safely at home.

#### Things to consider

- Your mental health is important, consider touching base with one of our counsellors to help prepare for your IVF journey.
- Prior to your Nurse Orientation Session, prepare any questions you may have about your IVF treatment.
- We recommend that your partner attend this session with you; however, we understand if you can only attend by yourself.

#### Links to further information

*IVF Treatment*  
*Video: What can I do to prepare for fertility treatment*

*Genetic Carrier Screening*  
*Video: Should I get preconception genetic carrier screening*

#### Payment milestones

Full payment of IVF Cycle prior to Day 1

## 2 Start of Cycle

### 2.1 Day 1 Notification

#### Your to-dos

Call your care team to notify them on the first day of your period.

Wait to start any medications until you have been advised by your care team.

If you have not yet collected your medication, please do so.

#### Things to consider

- If your period starts outside business hours, please contact us on the next business day.
- If you are having intercourse during your IVF cycle, we advise that you use protection to avoid the chances of a multiple pregnancy.

### 3.1 Medication and Monitoring

#### Your to-dos

Follow any instructions for beginning medication given to you by your care team.

Attend any blood test or ultrasound appointments as advised by your care team. Prior to follicle tracking ultrasound, empty your bladder.


If you forget to take your medications, take them as soon as you remember and notify your care team. However, if you forget to take your trigger, do not take it until you have spoken with your care team.

Keep track of your medication supplies. Inform your care team if you believe you will need another prescription.

Monitor yourself for side effects of medications, and drink plenty of water to remain hydrated. Contact your care team if you have any concerns.

#### Things to consider

- Consider setting a reminder on your phone to take your medications at the right times.
- You will need approximately 3-4 visits to the clinic for blood tests and ultrasounds for monitoring purposes.
- After each appointment, your care team will review the results. If your treatment is updated, your care team will contact you.
- Your Specialist will prescribe you enough medication for your IVF cycle; however, if your dose of medication is changed during your cycle, you may require more.
- The time frame for taking ovarian stimulation medication is different for each person and varies on average from 10 to 14 days.
- There is no need to fast before your blood tests.

 **Link to further information:** [Medication Videos](#)

### 3.2 Trigger and Preparing for Your Egg Collection

#### Your to-dos

Take your trigger at the time specified by your care team. The time is very specific as it correlates with your egg collection time.

Follow the instructions given to you by your care team regarding your other medications.

If you are using fresh sperm for this IVF cycle, your care team will give you instructions for your partner to prepare them for semen collection.

Follow instructions given to you by your care team regarding fasting and admission time for your procedure.

#### Things to consider

- Your trigger injection is generally taken in the evening, after business hours. It can be helpful to familiarise yourself with this injection before the clinic closes so you can ask your care team for advice if you need it.
- If you are taking any other medications, your care team will give you instructions regarding stopping or maintaining these.
- Your care team will give you instructions for your partners sperm collection. You may need to collect a container from them so he can collect at home. Speak with your care team about this.

### 4.1 Egg Collection (Day 0)

#### Your to-dos

Arrive at The Fertility Centre at the time you were allocated.

Arrange for your partner or a support person to drive you home after your procedure, as you will be having medication that may make you drowsy.

Bring along your photo ID and any medications you might be taking.

Avoid perfumes, scented lotions, and deodorants, and leave any valuables at home.

If using a fresh sperm for this cycle, ensure you follow the instructions given to you by your care team regarding collection.

Avoid Nonsteroidal anti-inflammatory drugs (NSAID's) like ibuprofen or aspirin, as they can increase the risk of bleeding.

Call us immediately if you experience heavy bleeding or pain after egg collection. Mild cramping or spotting in the days following your egg collection can be normal.

#### Things to consider

- We recommend you dress in loose clothing for comfort after your egg collection.
- Before you leave the day surgery, you will be informed of how many eggs were collected and what the embryology steps involve.
- Resting at home after your egg collection is highly recommended to support physical recovery and allow the body to heal from the procedure.
- We encourage you to drink plenty of water and consider increasing the fibre in your diet to help reduce constipation caused by increased hormone levels.
- You can use a heat pack and take paracetamol for any abdominal discomfort or pain.

#### Links to further information

*Video - Giving a sperm sample on egg collection day*

## 4.2 Fertilisation (Day 1)



### Your to-dos

Mild cramping in your abdomen in the days following your egg collection is normal. Call us if you are worried about any of the following symptoms:

- Severe nausea and vomiting
- Increased abdominal bloating
- Diarrhoea
- Shortness of breath
- Increasing thirst
- Decreasing urine output

Expect a call from an embryologist on Day 1 to update you on the fertilisation of your eggs. They can answer any of your questions and discuss the next steps.

If you are planning for a fresh embryo transfer on this cycle, your care team will advise you when to begin taking progesterone medication.



### Things to consider

- Most patients will report feeling well enough to return to work the day after their egg collection. Listen to your body and contact us if you think you may need a medical certificate to take more time off work.
- If you miss a phone call, a message will be left asking you to call back.



Links to further information:

[Embryology & Embryo Development](#)

[Video - How are embryos chosen?](#)

#### 4.4 Embryo Transfer - If applicable (Day 5)



##### Your to-dos

Arrive for your embryo transfer at the time allocated to you by your care team.

Ensure you have a full bladder for this procedure as this helps with better visualisation when using an ultrasound and also helps keep the uterus in a more accessible position.

Avoid perfumes, scented lotions, and deodorants, as embryos are sensitive to chemicals and smells.

Continue on any prescribed medication, as well as your progesterone medication, as it will help support the uterine lining and early pregnancy.



##### Things to consider

- It is not necessary to rest after your embryo transfer; however, some people prefer to have this day off work. If you are unsure, contact your care team for guidance.
- You are not required to have a partner or support person in attendance with you; however, they may be present if you wish.
- Avoid hot baths and saunas until you have had your pregnancy test, as high temperatures could interfere with embryo implantation.



**Link to further information:** [Embryo Transfer FAQ's - Fertile Minds](#)

#### 4.5 Freezing of Embryos (Day 5-6)



##### Your to-dos

Expect a call from an embryologist to update you on the freezing of your embryos.



##### Things to consider

- Embryos are commonly frozen on Day 5 or 6 based on their development. This can vary among embryos even from the same cycle.



**Link to further information:** [Video: Freezing your embryos](#)

### 5.1 Pregnancy Test



#### Your to-dos

Attend a pregnancy blood test, as advised by your care team.

Expect a call from a nurse on the same day as your blood test to discuss your results.



#### Things to consider

- We encourage you not to do a home pregnancy test as these are not as accurate and do not provide as much information as a blood test during IVF.
- Your period may start around the time your pregnancy test is due. If you have mild spotting, it is important you continue on your progesterone medication and attend your pregnancy blood test. If the bleeding is heavier than spotting, please get in touch with your care team for advice.
- It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.



#### Links to further information

*Video: Coping with the 2-week wait*

*Blog Post: Taking a pregnancy test and the tell-tale signs you're expecting*

### 6.1 Post Cycle Follow Up

#### Your to-dos

##### Negative Pregnancy Test

Follow any medication instructions that your care team has given you.

If you wish to discuss your IVF cycle and potential next steps, schedule a follow-up consultation with a Fertility Specialist.

##### Positive Pregnancy Test

Follow any medication instructions that your care team has given

Attend a repeat blood test on the date your care team have advised. you.

Your care team will inform you when and where to go for your first ultrasound scan, which is generally done at around 7 weeks gestation.

#### Things to consider

##### Negative Pregnancy Test

- It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.
- Some people may feel ready to go straight into another IVF cycle; others may choose to take a break. Take a moment to consider what is right for you.
- Continue to store any leftover medications as instructed, in case you can use them in a future IVF cycle.

##### Positive Pregnancy Test

- Take time to acknowledge the positive result and celebrate this significant step forward.
- It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.
- Your care team is still available to help you with any questions or concerns during these early weeks of pregnancy. Reach out to them at a time that is convenient for you.

#### Payment milestones

Expect a cheque from Medicare with your rebate approximately 6 weeks from the end of your cycle.

Expect to receive a bill for the freezing and storage of your embryos if you have done this.

You will continue to receive a bill every 6 months while you still have eggs, sperm or embryos in storage.

For enquiries, please call:

Liverpool: 02 8797 4000 · Nepean: 02 4724 9600



[thefertilitycentre.com.au](http://thefertilitycentre.com.au)