



## Dallas IVF Medication Teaching Instructions

*Please call your home office if you have any specific questions or concerns regarding your medications or instructions*

**Welcome to your medication teaching video:** <https://www.youtube.com/watch?v=AJUKH2nEUUk&feature=youtu.be>

### **Where do my injections go?**

All of your stimulation medications will go into the fatty tissue (subcutaneously) of your abdomen. Please refer to “SQ Injection Instructions” attached to your email or watch the demonstration video below on how to administer a General SQ injection:

[http://freedommedteach.com/eng/videos.html?play=general\\_sq](http://freedommedteach.com/eng/videos.html?play=general_sq)

If you are instructed to administer your Trigger Shot Intramuscularly or “IM” please refer to the video below on how to administer an IM injection. Your nurse can also show you where to administer your IM trigger shot at the time of trigger when you are given your trigger instructions and scheduled for your Egg Retrieval procedure.

[http://freedommedteach.com/eng/videos.html?play=general\\_im](http://freedommedteach.com/eng/videos.html?play=general_im)

### **Medication Demonstration Video links:**

*Please use the following links to watch the educational videos how to prepare each of your medications.*

#### **Gonadotropins (Follistim OR Gonal-F and Menopur)**

***\*\*\*always administered between 6-8 PM. Please administer injections at the same time every evening.***

1. Follistim or Gonal-F (You will either be on one or the other but not both)
  - a. Follistim: <http://freedommedteach.com/eng/videos.html?play=follistim>
  - b. Gonal-F: [http://www.freedommedteach.com/eng/videos.html?play=gonal\\_f\\_rff\\_rediject\\_pen](http://www.freedommedteach.com/eng/videos.html?play=gonal_f_rff_rediject_pen)
2. Menopur
  - a. [http://www.freedommedteach.com/eng/videos.html?play=menopur\\_draw\\_up\\_qcap%2Cmenopur\\_sq](http://www.freedommedteach.com/eng/videos.html?play=menopur_draw_up_qcap%2Cmenopur_sq)
  - b. \*\*\*You will be asked 2 questions once you click on the Menopur link you will be using Q-caps and the medication will be injected subcutaneously

#### **Medications to Prevent Premature Ovulation (Ganirelix OR Cetrotide)**

***\*\*\*most commonly administered at 7 AM unless instructed otherwise. You will be instructed on exactly when to begin Ganirelix or Cetrotide as it does NOT start until about halfway through the 10-12-day regimen of medications.***

1. Ganirelix
  - a. [http://www.freedommedteach.com/eng/videos.html?play=ganirelix\\_acetate](http://www.freedommedteach.com/eng/videos.html?play=ganirelix_acetate)
2. Cetrotide
  - a. <http://freedommedteach.com/eng/videos.html?play=cetrotide>



**“Trigger Shot” (HCG Generic, Pregnyl, Novarel, or Lupron Trigger)**

***The purpose of this medication: To induce ovulation and is administered exactly 36 hours PRIOR to Egg Retrieval.***

***\*\*\*You may be instructed on Subcutaneous Injection or Intramuscular Injection, please watch the video that applies to you.***

1. HCG Generic/Pregnyl/Novarel “IM”:
  - a. [http://freedommedteach.com/eng/videos.html?play=novarel-hcg\\_draw\\_up%2Cgeneral\\_im](http://freedommedteach.com/eng/videos.html?play=novarel-hcg_draw_up%2Cgeneral_im)
2. HCG Generic/Pregnyl/Novarel “SQ”:
  - a. [http://freedommedteach.com/eng/videos.html?play=novarel-hcg\\_draw\\_up%2Cgeneral\\_sq](http://freedommedteach.com/eng/videos.html?play=novarel-hcg_draw_up%2Cgeneral_sq)
3. Lupron Trigger:
  - a. [http://www.freedommedteach.com/eng/videos.html?play=leuprolide\\_trigger](http://www.freedommedteach.com/eng/videos.html?play=leuprolide_trigger)

You will find additional documents attached to this email for you to review:

**1. SQ Instructions**

- Step by step instructions on how to administer a SQ injection (also video above if needed)

**2. IVF Side Effects handout**

- This document will include the most common and normal side effects that you could potentially experience while on the IVF medications.
- If you are experiencing concerning symptoms or you’re experiencing a symptom that is not included in this list and you are concerned, please call the office. If after hours, please call our office number and you will be directed to the On-Call Physician to leave a voicemail and a physician will get back to you shortly.

**3. Embryology Process**

- What happens after my eggs are retrieved?
- You will receive a “status report” via your patient portal on day 1 (the day after your retrieval) and day 6 that will provide you updates on the status of your embryos
- If you’re opting for the PGS/PGT testing (genetic testing of the embryos to screen for chromosome abnormalities and also gender if desired), you will receive a call from our Embryology team with biopsy results once they are received (results can take up to 14-16 business days from the time the biopsies are shipped to the third party genetic testing company.)

**4. OHSS (Ovarian Hyperstimulation Syndrome) Information Handout**

- Informational handout on possible side effects that you may experience while administering the stimulation medications.

Please, do not hesitate to call if you have any questions!