



### **Estrace Priming Prior to IVF Start**

Estrace priming involves using the cycle before your IVF start to prepare for IVF. To do this we need to know when you are ovulating.

**For patients who get their period every 25-33 days, do the following:**

1. Call the clinic with your pharmacy phone number so a nurse can call in Estrace to your local pharmacy.
2. Purchase ovulation prediction kits from your local pharmacy (OPKs)
3. Start doing OPKs on your cycle day 10. Follow the instructions on the package. You should do this using your first urine of the day.
4. Do the OPK each day until you get a positive result. Positive result means ovulation. Call the clinic if you have reached cycle day 20 and did not get a positive OPK.
5. Once ovulation is detected you will do the following:
  - Start Estrace 1 tab (2mg) two times per day orally **7 days AFTER ovulation**
  - Call the clinic on day 1 of your period and leave a message with your day 1 if you do not reach our staff.
  - Stay on your Estrace
  - A nurse will call you back and tell you when to stop your Estrace and when to come for your first visit. You are NOT to take any more Estrace starting the day of your visit.
  - Call the clinic if you have taken Estrace for 10 days but did not get a period.

\*If your periods are closer together than every 25 days or if you have months between periods please speak to a nurse for a different plan.

Clinic phone number – 905-634-4440

## Estradiol (Estrace) Info Sheet

Estradiol is a hormone (estrogen) that has many uses and can be used by fertility patients for various reasons including (but not limited to):

- Preparing for an IVF cycle
- Suppressing the FSH hormone if elevated, to improve response to stimulation
- Building/supporting lining of the uterus during a frozen embryo transfer cycle

Our doctors and/or nurses will explain to you why this medication would be beneficial for you, as well as, how and when to take the medication. Estrace can be taken orally (with or without food) or vaginally. If you are not sure why you are on this medication, we encourage you to call the clinic and speak to a nurse.

Before taking this medication please make sure you have shared with your doctor your updated medical history, current allergies and all medications you are taking. Estrace may interact with certain medication.

This medication should not be taken while breastfeeding as it does pass through breast milk. Do not smoke or use tobacco. Estrogens combined with smoking further increases your risk of stroke, blood clots, high blood pressure, and heart attack, especially in women older than 35.

Follow your directions regarding when to stop this medication. Missing doses of the medication or stopping the medication can have a negative impact on your cycle or pregnancy (when applicable). If you are unsure about when or if to take your Estrace, please do not guess. Please call the clinic to speak to a nurse and get direction.

### Side Effects

Most patients tolerate this medication well, while others may experience some side effects including (but not limited to):

- Nausea
- Vomiting
- Bloating
- Cramping/stomach upset
- Breast tenderness/pain/swelling
- Headache
- Skin changes
- Vaginal discharge, discomfort or itching

\*You might notice a blue/green discharge if taking Estrace vaginally

This medication increases your risk of serious problems related to blood clots (such as heart attacks, strokes, pulmonary embolism). The increase in risk is similar to that seen with oral birth control pill. Get medical help right away by calling 911 and stop taking the medication if you have any serious side effects, including: chest/jaw/left arm pain, unusual sweating, sudden/severe headache, weakness on one side of the body, confusion, slurred speech, sudden vision changes (such as partial/complete blindness), pain/redness/swelling of legs, tingling/weakness/numbness in the arms/legs, trouble breathing, coughing up blood, sudden dizziness/fainting.

Estrace should be stored at room temperature away from light and moisture. Do not store in the bathroom. Keep all medications away from children and pets.

The information in this document was gathered from ONE Fertility doctors as well as <https://estradiol.com>

