

Cycle Monitoring

Definition: We rely on ultrasound and hormone testing, as well as the use of ovulation prediction kits (OPKs) to evaluate your menstrual cycle. This cycle monitoring allows us to track your menstrual cycle and determine if and when ovulation is occurring. In addition, the information gathered during cycle monitoring is used by our fertility specialists to determine the dosage and proper timing of fertility medications.

Purpose:

- a) Monitor your menstrual cycle, using blood tests, urine tests and ultrasounds;
- b) Determine the correct time for procedures (when applicable);
- c) Manage medication dosage (when applicable); and
- d) Track for ovulation.

Process:

- 1) Please call the clinic at (905) 634-4440 and choose the booking line on the first day of your period (full bleeding, not spotting). Your name will be placed on a list and your chart will be reviewed by a physician. A receptionist or nurse will call you back latest by 3pm on your cycle day two to let you know if there is a spot available to move forward with your treatment cycle that month.
- 2) Please follow your checked plan below. We require that infectious disease screening for you and your partner (if applicable) has been completed within one year, before treatment start. If you want to know when your screening needs to be repeated, please ask a nurse.

	For natural monitoring (no medication) book for Cycle Day 10 monitoring (unless otherwise instructed).
✓	For a cycle with oral medication book for Cycle Day 10 monitoring (unless otherwise instructed) Please take ___ pill(s) of your medication from day 3 to day 7.
	For a cycle with injections (FSH) book for cycle day 3 monitoring. At this visit, you may pick up your medication. Injection teaching videos can be viewed on our website.
* When booking your first appointment, please let reception know if you are monitoring for an intercourse cycle or insemination cycle.	
*Please be prepared to attend approximately 1-3 visits during your monitored cycle. The number of visits will depend on your individualized cycle plan.	

If at any point during Cycle Monitoring you have any questions about the process or your individual treatment, please call one of our nurses at 905-634-4440. We strive to make cycle monitoring morning appointments as efficient as possible. To ensure that all patients can finish their visit safely and in a timely manner, these monitoring appointments will be brief. You will meet with a nurse on your first cycle monitoring visit, and she will give you your treatment plan. You will be provided with all your medications for the cycle, during that visit. If you require more medications during your

cycle, you must call the clinic to make arrangements to pick-up more medication. In depth questions will be answered at follow-up appointments with your primary physician.

3) At your Cycle Monitoring Appointment:

- a. Upon entry to the clinic,
 - i. You will proceed to check-in with the receptionist
 - ii. Don't forget your health card! You will be asked to swipe it at the front desk.
- b. Blood draw
 - i. A Phlebotomist (blood technician) will draw your blood for testing which will analyze your hormone levels;
 - ii. Your blood test results will be reviewed in the afternoon
 - iii. Nursing will only call you if there are changes to your cycle plan.
- c. Pelvic Ultrasound
 - i. A sonographer (ultrasound technician) will call you for your ultrasound;
 - ii. Our reception staff will notify you if a FULL bladder is required for your first cycle monitoring visit;
 - iii. The ultrasound will assess your ovaries and uterus;
 - iv. After your ultrasound on your first visit, you will be directed to a room to meet with a nurse. For every subsequent visit, you will leave directly after your ultrasound.
 - v. A nurse will call you after your visit only if your results need to be reviewed with you or if changes to your plan are made.

4) After 3 cycles of your treatment plan if you are not pregnant we recommend that you:

- a. **Re-assess your treatment plan**
- b. If you do not already have a plan for your subsequent treatment step, please book an appointment with your primary physician.
- c. If you have questions about your treatment, please book an appointment with your primary physician
- d. If you have a treatment plan and would like to continue with your plan, you may do so without an appointment with your primary physician.

*You may be asked to see your primary physician sooner in some circumstances

Letrozole/Femara

Letrozole is a drug commonly used in fertility treatment. It is sold under the trade name Femara. **Letrozole** is part of a family of drugs called aromatase inhibitors. Essentially it works by causing your body to produce more of the hormones that stimulate the ovaries. Letrozole/Femara is used at ONE Fertility for several reasons. First, this drug can be used to induce an egg or eggs to develop and be released in women who are not ovulating on their own. Second, this drug can also be used to increase the chances of pregnancy in women who are already ovulating. Third, this drug can be used to lower Estrogen levels when medically indicated. This drug can be used on its own or in combination with other medication. *Please book a follow up with your doctor if you have tried this medication 3 times without success!

Letrozole/Femara pregnancy success rates per treatment. Please speak to your doctor about your specific success rate. There are various factors that influence success rates. Some factors include age, treatment plan, and diagnosis.

Letrozole/Femara Risks:

- Under response to medication, ie no egg develops, which will result in cycle cancellation
- Over response to medication, ie multiple eggs develop, which will result in cycle cancellation
- Twins or multiple pregnancy

Letrozole/Femara side effects:

Letrozole/Femara works based on its ability reduce estrogen levels. Low estrogen levels can cause a woman to have symptoms. Some possible side effects include:

- Hot flashes
- Headaches
- Breast tenderness
- Trouble sleeping

Letrozole/Femara Protocol:

- Call the office on Day 1 of your period. Book an appointment for day 10 of your cycle (unless a doctor or nurse has told you otherwise). Please specify to reception if your plan is to do an intercourse cycle or an IUI cycle. You will have a blood test and ultrasound when you arrive for your appointment. Ask the receptionist if a full bladder is required for you appointment.
- Start the Letrozole/Femara on day 3 of your period for 5 days as directed by your doctor. While it does not matter what time of day you take your medication please try to take it at the same time each day.
- After your day 10 appointment a medical team member will review your ultrasound with you and tell you what to do next depending on your results.
- As part of your treatment we may order a 'trigger shot' to make you ovulate.