**Patient Information for FSH - The “Flare cycle”**

There are different ways in which we recommend you take the medications for the FSH stimulation, depending on your individual circumstances, such as age, hormone levels, previous response to FSH etc. Sometimes we use this method called a Flare. This involves starting both the Lupron and the FSH (Gonal F) at the beginning of the cycle. You will have been told about this at your office appointment. These medications are expensive – make sure to check on your coverage for these fertility drugs in advance of your treatment cycle.

Obtain your Lupron, Gonal-F and a needle disposal unit in advance of your cycle. (The Pharmacy in our building carries this)

1) On the first day of your period call the office and tell the receptionist you are doing a “flare” cycle. Obtain an appointment to come in for blood work and an ultrasound no later than the third day of the cycle. Bring all your medications and supplies to this appointment.

2) After your initial ultrasound and labs, we will teach you how to give FSH and Lupron injections. Give your injection at the same time each day. On your ultrasound days, give your Lupron but delay your FSH as we may change your dosage based on the ultrasound results. At each visit we will instruct you as to how much medication to use each day and when to return for your next check. Expect to have lab-work and ultrasounds done every 2 to 5 days during this time. We may add in low dose HCG after a few days of FSH to help your eggs mature.

3) After 12 - 18 days of FSH your eggs will be mature. You will be given an injection of Ovidrel to trigger ovulation. Your intrauterine insemination (IUI) appointment will be scheduled. You should stop taking the Lupron, HCG and FSH after your Ovidrel injection.

4) On the day of your insemination, your partner will produce a semen sample at home and deliver it to our office within 45 minutes. Tuck the sample under your arm to keep it at body temperature. This sperm will be used only with you and your partners consent and only for your own reproductive use. There is a $200 charge payable by cash or certified cheque for the laboratory component of IUI. This is to be paid before the sample is processed.

5) The sample will be processed within 45 minutes, and a concentrated sample of your partners washed sperm will be placed directly into your uterus in order to optimize the chance that you and your partner will achieve a pregnancy. We ask that you lie down for 10 minutes after this procedure. The night of the IUI, you can expect to have some abdominal cramping and bloating as your eggs are released. However, if you experience any fever, shortness of breath, excessive diarrhea or bloating in the week following the procedure, please contact Dr. Pattinson or go to the ER at Windsor Regional Hospital.

6) After your IUI will begin to take progesterone as directed. Continue with this medicine **until you know the results of a pregnancy test even if you have cramping or bleeding.** If you are pregnant you will continue taking progesterone until 10 weeks of pregnancy to help support the lining of the uterus. Good Luck.

Further information on the reasons for using FSH, its advantages, risks and potential complications are outlined in the FSH Video which can be accessed from either this website or our Facebook page.

If at any time you are unsure what to do, call the office.