

**Island Reproductive Services**  
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## **Cycle Instructions for the use of Oral/Injectable Medications**

1. Call the office the first day your cycle begins. If your cycle starts after 6 PM, the following day is considered day one.
2. You will have a baseline ultrasound and blood work between the first and fourth day of your cycle. If your cycle falls on the weekend please call the office the next business day for an appointment. The ultrasounds and blood work are performed between 6:45 AM and 8:45 AM at the 237 Richmond Valley Road office and between 6:45 and 8:30 AM at the 1796 Clove Road office.
3. You will be asked to leave a phone number where you can be reached the day of your ultrasound. It is imperative that you are available to be reached at that number. If you do not hear from the office by 4 PM please call us.
4. You will start your injections and/or oral medications as instructed. Your injections will be taken in the evening. You will choose a time that is best for you. Do not take the injections prior to receiving instructions from the office. The injections should be taken within an hour of that set time daily.
5. You will be taking the injections for approximately 10 nights in a row. Your dosage may increase/decrease depending on your response (7-10 days typical). You will be instructed to return for ultrasound and blood work. It is imperative that you be available for this appointment.
6. There are no dietary restrictions while taking your medications. You should abstain from intercourse after your HCG (trigger) shot is taken.
7. You will be instructed when to take your trigger shot.