



*An affiliate of  
Reproductive Medicine &  
Fertility Centers®*

## IVF Orientation & Optimization Class Packet



# Communication is Key!

## **The Portal:**

The portal is our primary means of communication. It's convenient for everyone. You send your message when you are available, and we will answer it within 24-48 hours. This is where we ask you to report your cycle day 1 (CD1), ask about meds, keep us updated on how you are doing and what your plan is.

This is also where we will leave you messages such as, next steps, start of medication, medication dose changes, clearance to begin stimulation medication. Please refrain from leaving urgent written messages like, "I'm having severe pain." – This is better conveyed via the emergency line.

## **Phone Calls:**

You are always welcome to call our clinic. The phones are answered from 7:30 am – 4:00pm, Monday – Friday. You are always welcome to leave messages; we work to get to them within the day. The clinical team is **not** available to answer your calls during morning clinic or procedures.

## **Emergency Line:**

If you are having a true emergency, please do not hesitate to call the emergency line **(719)-440-3884**. If you cannot locate the number, call the clinic and you will be prompted to be connected to the emergency line. True emergencies are rare but could happen. We're here for you 24/7.

## **In Person:**

We love having you in the clinic! Hugs are a great in-person benefit. Drop by any time but remember that you do need an appointment to guarantee that you can see the person of desire.

## What can I control?

Please keep in mind that there are some things that are within your control, some things within our control, and some things that are out of all our control.

### You can control:

- Healthy diet
- Healthy lifestyle
- Drink a lot of fluids
- Take your supplements
- Relax
- Try acupuncture

### We can control:

- Maximizing medication through monitoring
- Expert analysis and research of your diagnosis and treatment options
- Co-management of conditions that may be interfering with fertility
- Genetic screening / diagnosis

### Nature controls:

- Actual fertilization of eggs (Yes, we do ICSI, but it's up to the sperm and egg to "couple")
- Chromosomal division (Yes, we can screen your genetic makeup, but we can only transfer "chromosomally normal" embryos)
- Implantation (Yes, we can optimize the uterine environment and carefully place embryo(s) inside, but they must do a bit of work too)
- Your body's response to medication

Sometimes "undesirables" can happen like feeling too full or bloated, mid swelling injection site soreness/itching, spotting or breakthrough bleeding, OHSS. Try not to stress over the uncontrollable. We're here to help!

# IVF Orientation & Optimization

## What to expect

- Feeling overwhelmed? This is completely normal. Know that we're here to help.
- Scheduling changes. We optimize your cycle based on your body's response to the medications. Everybody is NOT the same, and every response is different. Please be prepared by remaining "on call" for our clinic and your testing EVERY 7-10am during your stim meds!
- Lots of meds and becoming very comfortable with self-injections!
- Bloating, tenderness
- Spotting/breakthrough bleeding/vaginal discharge (a great sign!)
- Diet changes (lots of protein, possible constipation, tons of fluids...)
- Consents, paperwork, PORTAL MESSAGES

## What does it mean?

- Rest Day: lounge around and take it easy
- Lots of Fluids: enough that your urine is clear (to barely yellow), and you have to use the bathroom at least every 2-3 hours
- OHSS: Ovarian Hyper Stimulation Syndrome. Your med response is 'too good', and you will need special precautions
- Best Sperm Sample: Stay well hydrated, with 3-5 days of abstinence on day of collection
- Light Exercise only: Walking, modified yoga. No weights, no runs. No Bouncing. We want plenty of blood in your belly to support ovarian function (not diverted to your legs for running). Think of your ovaries as a basket of eggs- much heavier than normal, tender, and more prone to torsion/twisting.

## Meds:

Gonal F, Lupron, Cetrotide, Menopure, Progesterone, HCG, Estradiol

Pepcid, Reglan, Scopolamine patch

## Helpful Supplements

Taking the suggested number of supplements and medication during your fertility journey will assist in increasing your pregnancy odds. Here is list of supplements recommended by your physician. Remember, a healthy body is a fertile body.

### Men:

- (Multi Vitamin) Mega Man™ by GNC vitamins \* **others will do.**
- CoQ10: 300mg - ideally 100 mg 3x daily\*
- Vitamin D3: 5,000 IU/day

**Avoid alcohol, tobacco, recreational drugs, and Jacuzzi's.**

### Women:

#### Vitamins:

- **Prenatal vitamins + additional Folic Acid (methylated B vitamins) 800 mcg to 1 mg** in addition to prenatal vitamins. (take prenatal vitamins 12 hours apart from Folic Acid, once per day)\*
- CoQ10: 300mg - ideally 100 mg 3 times/day \*
- Vitamin E: additional 200 IU
- Vitamin C: 500 mg
- R-Alpha Lipoic Acid: 100 to 600 mg on empty stomach
- **DHEA 25 mg: 3 times/day \* if over 35 yo required**
- Melatonin 3 mg before bed
- **Vitamin D3: 5,000 IU/day \***
- Myo-inositol - 4 grams/day, divided in two doses

If PCOS is applicable, add the following:

- Methylated B Vitamins (Thorne is a brand on Amazon)

**Avoid alcohol, tobacco, recreational drugs, and caffeine(no more than one cup while pregnant)**

**\*Ask about Theralogix**

# Injectable Medications

## Gonal F (75 IU Increment)

Follicle Stimulation Hormone (FSH) – used to induce and stimulate growth and maturation of the eggs. Remember to put your “empty” pens back in the fridge.

Side effects: headaches, fluid retention, moodiness

**Admin: SQ\* injections. Use “dial a dose pen” (or vial).**

## Lupron

Initially cause a flare of responses from ovaries, but ongoing use suppresses pituitary stimulation to ovaries and allows for better control of your ovaries.

Side effects: headaches, fatigue, hot flashes

**Admin: SQ\* injection. Inject using needle/syringe into belly.**

## Cetrotide 0.25mg

Prevents premature LH surge. Slows rapidly growing follicle to allow for better control of ovaries.

Side effects: headache, nausea, local histamine rash

**Admin: SQ\* Inject ALL prefilled syringe into Cetrotide power, let it dissolve, then switch out the needle to inject.**

## Menopur (FSH/LH) or Gonal F plus micro dose HCG:

Induces ovulation recruitment and stimulates growth and maturation of eggs.

Side effects: headache, fluid retention, moodiness.

**Admin: IM\* injection with 25g 1½ inch needle. Mix with Q caps or 18/19g needle.**

## Progesterone

Prepares the uterine lining for embryo implantation and early pregnancy maintenance.

Side effects – breast tenderness, vaginal discharge, injection site tenderness.

**Admin: IM\* injection. Draw up with 18g, inject with 22g 1½ inch needle.**

### Trigger: (HCG, Lupron, Double)

Very critical timing – triggers maturation of eggs, then ovulation. We don't want ovulation (release). This is why the timing of this injection is critical.

**Admin: IM\* injection. Draw up with 18g and inject with 25 1½ needle.**

### Estradiol

Increases circulation of ovaries. It's the primary female hormone.

\*SQ = Subcutaneous

\*IM = Intra-muscular

**Growth hormone. See separate instructions.**

## Medication Checklist

Please check all medications that you've started taking and let us know if you have any questions or concerns during your treatment.

Name	Usual dose (enter amount)	How much is left?
<input type="checkbox"/> Lupron kit or <input type="checkbox"/> Cetrotide		Circle amount in bottle: $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ Number of doses/boxes:
<input type="checkbox"/> Gonal F or <input type="checkbox"/> Follistim		Pens:
<input type="checkbox"/> Menopur		Vials of Powder:
<input type="checkbox"/> Micro HCG		Amount of micro HCG in bottle:
HCG triggers: <input type="checkbox"/> Novarel or <input type="checkbox"/> Pregnyl	<b>Do not use until instructed</b>	<input type="checkbox"/> 1 vial of 10,000 usp units <input type="checkbox"/> 1 vial of 5,000 usp units <input type="checkbox"/> 2 vials of 5,000 usp units
<input type="checkbox"/> Lupron Trigger (80 units)	<b>Do not use until instructed</b>	<input type="checkbox"/> Vials    or <input type="checkbox"/> Syringe
<input type="checkbox"/> HGH Growth Hormone	<b>Do not use until instructed</b>	<input type="checkbox"/>

Please check yes or no to the following questions.	Yes	No
Are you taking prenatal vitamins daily?		
Are you taking Folic Acid 12 hours apart from prenatal vitamin?		
Are you taking at least 300mg of CoQ10? 100mg 3 times per day?		
Are you taking DHEA three times per day?		
Do you have plenty of needles, syringes, etc?		
Are you currently using acupuncture?		
Any issues with the MAGARELLI FERTILITY portal or app?		
Do you need to speak with a manager?		
Any further concerns (HA's, weight gain, etc.)		



## HGH Instructions

Human Growth Hormone, Omnitrope, Genotropin, Somatropin, Humatrope, Norditropin, Nutropin, Serostim, and possibly other “Brand names”

### Preparation:

Your HGH will arrive in a “cold pack” with needles, syringes, 4 vials of powder, and either 4 small vials or 1 large vial of liquid (sterile diluent).

**Be aware, you will NOT follow the instructions on the package insert, you will follow this form.**

1. Wash your hands and gather your supplies.
2. Identify which vial is the HGH (Omnitrope powder), and which is the sterile diluent.
3. Fill 1 syringe with 1.6 ml sterile diluent (liquid). You can use the 18g (pink) needles with the 3ml syringe.

Note: If you got several small liquid vials instead of one larger vial, the small liquid vials are only 1.1ml total, so you can use leftover sterile diluent from medications such as Menopur to get 1.6ml, or get a syringe of diluent when you next come into the clinic.

4. Wipe the top of one powder vial with alcohol and inject 1.6 ml diluent into the HGH powder.
5. Gently swirl the solution to dissolve the powder.  
\*It is very important that you use ALL the diluent and gently swirl to dissolve ALL the powder.
6. Now your solution is ready to use. This is your “HGH multi-dose vial.” Repeat this process as needed. Prepare multi-dose vials as they are needed, not all at the same time.

***Please store your vial in your fridge.***

### Inject:

1. Use the 1ml syringe with the tiny grey needle (27g, ½”)
2. Wipe the stopper with an alcohol wipe
3. Draw up 0.4ml of the solution. This is almost ½ of the syringe.
4. Inject into your belly

Note: If you want to review videos, you can go to [www.mandellspharmacy.com](http://www.mandellspharmacy.com) or [www.freedompharmacy.com](http://www.freedompharmacy.com) and watch the Gonal F video for subcutaneous injections and watch the Cetrotide video for mixing meds.

## OHSS Precautions

For women at risk for hyperstimulation, OHSS is best prevented by the careful use of injectable FSH medications and the following recommendations:

- **High protein diet**, supplemented with other protein substances such as, protein powder, bars, shakes, water, etc. **Must have at least 200 grams per day. Please track number of grams. Think of it as medicine not food!**
- **Modified bed rest** – It's Ok to use a recliner, take a shower, use the bathroom
- **Vaginal rest** - No intercourse, tampons, or vaginal exams.
- **Restart Cetrotide** – 5 times for a total of 5 doses. 1 per day.
- **Pain medication** – Ibuprofen, Tylenol, and Oxycodone. Follow schedule, do not try to “space out” your pain meds. Do not drive while taking narcotics.
- **Nausea medicine and antianxiety medicine is always available, just ask!**
- **Make sure someone is available to you if you need help.**
- **No heavy lifting or allowing others to press on your abdomen.**
- **Keep your legs elevated often to reduce swelling in lower extremities** – (recliner or bed)
- **Maintain Hydration** – 8oz glass of water each hour that you are awake. Drink plenty of electrolytes. We recommend “Ultima” rather than Gatorade.
- **Weigh yourself daily** – if you gain more than a pound per day, call us!

**Call us with any signs of loss of breath, excessive pain, inability to tolerate foods or drinks, excessive swelling of lower extremities, or just to ask any questions.**

---

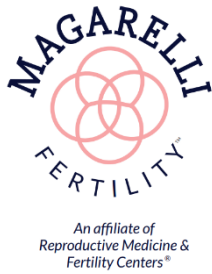
Paul C. Magarelli, M.D., Ph. D

---

Date

Date	Weight	Protein (grams)	Glasses of water/electrolytes per day	Cetrotide (x5 doses)	Comments

**\*Please send us this info daily via the Portal**



## Magarelli Fertility and East Winds Acupuncture

MAGARELLI FERTILITY and East Winds Acupuncture (EWA) have developed a lasting partnership to deliver comfort, relaxation, and emotional support to our patients. We understand that stress and strain can hinder the likelihood of fertility, and that your treatment will have better outcomes if you're able to relax and connect with the quiet side of life. Acupuncture helps your brain release "happy hormones."

We also know how important it is to incorporate acupuncture along your fertility journey. Recent studies show that one in four couples will not have to repeat a cycle if they add acupuncture to their fertility treatments. MAGARELLI FERTILITY and EWA have published research demonstrating more Take Home Babies with fertility treatments combined with acupuncture.

For two decades, East Winds Acupuncture has developed relaxation treatments specifically designed for your unique infertility situation and has helped to treat hundreds of complicated conditions – even in areas outside of fertility. Acupuncture doesn't mean lost time, it means giving your body a head start by creating a healthier environment for eggs and sperm.

Preconception care can enhance your fertility odds. It's like training for a marathon – you need your body to have the endurance and the strength to not only get to the start line, but also get to the finish line – which is the goal. For our couples, that "finish line" is a healthy pregnancy.

Acupuncture works in conjunction with western medicine to alleviate common fertility issues, and is also proven to:

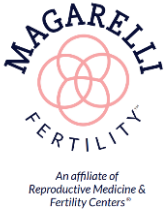
- Regulate menstrual cycles and hormones
- Improve blood flow to ovaries and uterus
- Lessen side effects to medication
- Increase sperm parameters
- Strengthen uterine wall
- Encourage implantation of embryo
- Bring fewer miscarriages
- Deliver fewer ectopic (outside the uterus) pregnancies

Connect with us to learn more about acupuncture and its benefits to fertility.

**Phone:** 719-520-5056 **Web:** [Eastwindsacupuncture.com](http://Eastwindsacupuncture.com)

## Resources for Further Information

We believe in education and therefore want you to have the proper sources of information at your disposal. Here is a short list of good resources.



1) MAGARELLI FERTILITY: [MagarelliFertility.com](http://MagarelliFertility.com)

2) Society for Assisted Reproductive Technology: [Sart.com](http://Sart.com)

3) CDC [www.CDC.gov](http://www.CDC.gov)



### **Injection Teaching:**

4) Mandell's Pharmacy: [Mymandellspharmacy.com/instruction](http://Mymandellspharmacy.com/instruction)

5) Freedom Med Teach: [Freedommedteach.com/eng](http://Freedommedteach.com/eng)



### **General Info:**

6) OHSS info: [Wikipedia.org/wiki/ovarian\\_hyperstimulation\\_syndrome](http://Wikipedia.org/wiki/ovarian_hyperstimulation_syndrome)

7) RESOLVE: [Resolve.org](http://Resolve.org)



8) East Winds Acupuncture Dr. Diane Cridennda [www.eastwindsacupuncture.com](http://www.eastwindsacupuncture.com)

