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### CYCLE GUIDELINES: IUI - Natural Cycle - Oral Medication

<b>Day 1 Phone Call</b>	First day of menstrual FLOW (not spotting) call office to schedule an appointment for day 3 of your cycle.
<b>Day 3 Appointment</b>	<p>Schedule an appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Vaginal ultrasound : to ensure that your follicle from last month has shrunk/collapsed</li> <li>• Blood draw to check your Estradiol and FSH (follicle stimulating hormone) levels</li> <li>• Depending on results, start Clomid the evening of day 3 and continue on your prescribed dosage of Clomid for 5 consecutive days.</li> </ul>
<b>Obtain Results</b>	<p>We will call you at _____ am/pm with your results. (Desired levels: FSH &lt; 10, Estradiol &lt; 70) and instructions</p> <ul style="list-style-type: none"> <li>• 619/295-4050</li> </ul>
<b>Schedule Procedure ASAP</b>	<p>Imaging Healthcare 866-558-4320 or Mercy 888-440-7882 for:  HSG (hysterosalpingogram) or Hysterosonogram</p>
<b>Day 10 Appointment</b>	<p>Schedule an appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Ultrasound to check <ul style="list-style-type: none"> <li>○ Number and size of growing follicles</li> <li>○ Thickness and characteristics of your uterine lining. This will help to determine if you need estrogen supplementation.</li> </ul> </li> <li>• Pick up two sterile sperm collection containers from Dr. Schmidt's office for IUI (intrauterine insemination)</li> </ul>
<b>Day 12 Appointment</b>	<p>Day 12 of your cycle:</p> <ul style="list-style-type: none"> <li>• Begin checking for the LH (leutenizing hormone) surge with your ovulation predictor kit ("your kit")</li> <li>• On the day you surge, (note: this may not be day 12) call the office by 12 noon to schedule <ul style="list-style-type: none"> <li>○ IUI (intrauterine insemination – series of 2)</li> <li>○ Post Coital test</li> </ul> </li> </ul>

<b>Day 16 Appointment</b>	If you have not surged on your own by day 16, make an appointment for an u/s and possible blood draw. You may get an injection of HCG (Human Chorionic Gonadotropin) to cause your ovulation in 1-2 days.
<b>Intercourse or Insemination</b>	The day after your surge or HCG injection and the following day: ... Have intercourse ... IUI at the office Be sure to schedule an appointment for a blood draw in 1 week
<b>Appointment 1 week after your surge</b>	Call the office to schedule your progesterone blood draw. <ul style="list-style-type: none"> <li>Blood draw for progesterone level (Desired level is 20 or higher)</li> </ul>
<b>Obtain Results</b>	We will call you at _____ am/pm with your progesterone test results: <ul style="list-style-type: none"> <li>619/295-4050</li> </ul>
<b>2 weeks after your surge</b>	You will do a blood pregnancy test. We will call you with the results

*Please feel free to call us with any questions or concerns during this cycle. We are here to help you.*