For a successful procedure

- It is best to contact us by e-mail at: info@fertisuisse.ch
- Check with the nursing staff to make sure you always have enough medication.
- Before any appointment, check whether it will take place in our centre in Basel or Olten.
- Take folic acid and any other medicines prescribed. Never stop or start taking any medicines without first consulting your doctor.
- Let us know if you or a close relative has had a thrombosis or pulmonary embolism.
- The entire fertisuisse team will be looking after you during the whole treatment, and your trusted physician will always be informed about the different steps and available to help you if needed.

We wish you all the best and a great success!

For urgent medical questions outside the opening hours you can reach us at +41 79 552 05 31.

www.fertisuisse.ch



Overview of the Insemination Cycle – explained step by step

Protocol: low dose gonadotropin stimulation

An overview of insemination treatment

On the first day of menstruation (= first day of the cycle): Call (Olten +41 62 287 20 00, Basel +41 61 287 30 00) or e-mail us at info@fertisuisse.ch to make an appointment for an ultrasound examination. This will take place between the 2nd and 5th day of the cycle. Please make sure that you have the signed consent form!

Stimulation of the ovaries begins. Inject your medication subcutaneously (i.e. into the fatty tissue under the skin) at the same time every day between 5pm and 7pm.

Medication: _____ Dose (units): _____

We monitor the growth of the follicles with ultrasound scans and blood tests. The results will be available in the afternoon. We will send you a text message to let you know which dose to continue with and when your next appointment will be. You will usually have 1 to 3 appointments. Very rarely, too many follicles may grow. Should this happen, we will discuss various options with you. Please contact us if you have not heard from us by 5 pm.

At last. Ovulation is triggered. We will tell you when to inject the

medicine ______ subcutaneously.

Insemination takes place about 20 to 40 hours after ovulation has been triggered. Your partner will need to provide us with ejaculate at least 2 hours beforehand, which will be prepared for insemination in our laboratory. Ideally, your partner should not have ejaculated in the 2 to 5 days before this.

Insemination is not painful. It is helpful for you to have a full bladder. This works best if you relieve your bladder one hour before the appointment and then drink half a litre of water. You can rest here for a while afterwards.

The day after insemination, you begin the support for the luteal phase. It is best to administer this medication in the evening and insert it into the vagina like a tampon. The medication will dissolve, which can cause discharge. The active ingredient is nevertheless absorbed into the body.

We will check to see if ovulation has taken place a few days after the insemination. You will usually be given an injection with a medication that supports the luteal phase. You then repeat the injection three and six days later and are given an appointment for the pregnancy test, which we perform with a blood test.

Attention: Do not do a urine pregnancy test. Because of the medication administered, it will always be positive.

Your appointments

APPOINTMENT	DESCRIPTION	MEDICATION (in units)	OTHER
First day of the cycle	Inform fertisuisse		
	First ultrasound scan, possible blood test "Spritzenschule"		
	1 to 3 more ultrasound scans + blood tests		
	Triggering ovulation		
	Insemination 20 to 40 hours later Possible ultrasound check-up	the luteal phase: an® 200 mg daily 8 % daily 5 of	
	Pregnancy test	Support for the O Utrogestan [®] O Crinone [®] 8% O Injections of	