

### 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](http://www.fertisuisse.ch)



## Overview of the thawing cycle – explained step by step

Protocol: artificial cycle

## Overview of the thawing cycle

**On the first day of menstruation (= first day of the cycle):** Start taking **estradiol** in the form of patches or tablets. That same day or in the following days, call us (Olten +41 62 287 20 00, Basel +41 61 287 30 00) or send us an e-mail at info@fertisuisse.ch to make an appointment for an ultrasound examination and to arrange a provisional date for the embryo transfer (ET).

**Medication:** \_\_\_\_\_ **Dose:** \_\_\_\_\_

**The first appointment usually takes place 10 to 16 days after you start taking your medication.** At this appointment, the thickness of the uterine lining will be measured by ultrasound (US) and the concentration of progesterone in the blood will be determined (blood test).

We will let you know if and when you should start administering **progesterone** on the same day. **Please contact us if you have not heard from us by 5 pm.** Progesterone is usually administered as injections or suppositories. The injections are administered under the skin. The suppositories are inserted into the vagina like a tampon. There may be some discharge as the suppository dissolves. The active ingredient is nevertheless absorbed into the body. The first dose of progesterone should be administered on time. **Normally you start 120 hours before the embryo transfer.**

**Medication:** \_\_\_\_\_ **Dose:** \_\_\_\_\_

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**Thawing and embryo transfer:** Embryo thawing usually takes place on the day of embryo transfer.

**Transfer acupuncture:** On request, you can be treated with acupuncture 45 minutes before and after the embryo transfer. Contact your fertisuisse team to arrange this.

**Please come for embryo transfer with a full bladder.** This works best if you relieve your bladder one hour before the appointment and then drink half a litre of water. Take the estradiol and progesterone in the morning as usual.

Continue to take the **estradiol** and **progesterone** until the pregnancy test!

**If the pregnancy test is positive:** Continue to take the medication without interruption until the 12th week of pregnancy.  
**If the pregnancy test is negative:** Your doctor will contact you. Please stop taking the medication. Menstruation will start a few days afterwards. If your menstrual bleeding has not started after one week, call us.

## Your appointments

APPOINTMENT	DESCRIPTION	Medication	Medication	Medication
First day of the cycle	Inform fertisuisse			
↑ ↓	<b>Variable time frame.</b> Depends on the first day of menstrual bleeding. Usually 10 to 16 days.			
	US/blood test			
	Transfer			
	Pregnancy test			