

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 thawing cycle – explained step by step

Protocol: natural cycle (NC)
and modified NC (mod NC)

Overview of the thawing cycle

On the first day of menstruation (= first day of the cycle): 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. The first examination is usually between the **4th and 8th day of the cycle (modified NC)** or shortly before ovulation between the **8th and 12th day of the cycle (NC)**.

Natural cycle (NC): The first appointment takes place between the 8th and 12th day of the cycle. An ultrasound examination and blood test will be carried out at this appointment. 1 to 2 appointments may be required to determine the time of ovulation.

Modified NC: The first appointment usually takes place between the 4th and 8th day of the cycle. An ultrasound examination and blood test will be carried out at this appointment. You will inject a medication subcutaneously between 5pm and 7pm every day. 1 to 3 more appointments will be required to determine the time of ovulation. We monitor the growth of the follicles with ultrasound scans and blood tests. We will send you a text message to let you know which dose to continue with and when your next appointment will be.

Medication for modified NC: _____ Dose: _____

Please contact us if you have not heard from us by 5 pm. You should have protected sexual intercourse during this period.

Embryo transfer usually takes place 7 days after ovulation has been triggered. We will tell you when to inject the medicine _____ subcutaneously.

***Support for the luteal phase:** You will usually be given an injection with a medication that supports the luteal phase. You repeat the injection three, six and nine days after ovulation has been triggered.

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.

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

If the pregnancy test is positive: We will make additional appointments.
If the pregnancy test is negative: Your doctor will contact you. If your menstrual bleeding has not started after one week, call us.

Your appointments

APPOINTMENT	DESCRIPTION	MEDICATION	OTHER
		(in units)	
First day of the cycle	Inform fertisuisse		
	First ultrasound scan, blood test		
	1 to 3 more ultrasound scans + blood tests		
	Triggering ovulation		
	*	Support for the luteal phase: <input type="radio"/> 3x 1 injection of Choriomon 1000 IE (*) <input type="radio"/> Utrogestan® 200 mg daily <input type="radio"/> Crinone® 8% daily	
	*		
	Embryo transfer		
	*		
	Pregnancy test		