

Taking your medication – all you need to know

Day 1 of your period

Please contact Sara English at sara.english@bcmr.clinic when your period starts.



Before Day 19



Once we have received the first date of your period, we will set up a treatment plan for you and order your medication. We will arrange a short appointment with one of our nurses who will go through your plan and answer any questions that you have about starting your treatment.

Day 19

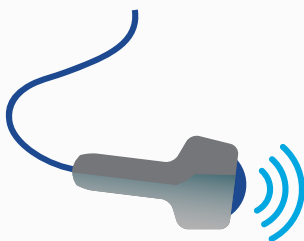
You start taking Norethisterone (or an alternative) tablets. You will need to take one tablet twice daily starting on the date we have given you (in email and on your treatment schedule on the patient portal). On the final day of Norethisterone you should take both doses as normal. The action of stopping the tablets will induce a bleed, approximately 5-7 days after your last tablet.



Some people experience side effects whilst taking the tablets, this can include headaches and occasional nausea. Please drink plenty of water (2-3 Litres daily) and take Paracetamol if required.

Baseline scan

Following the withdrawal bleed you will attend the clinic for a baseline scan. This is an internal scan. You may still be bleeding on the day of your appointment – this is common and does not mean that there is a problem.



If your bleed starts more than 2 days before your appointment; or you have not started a bleed please call the nurses office on **0117 259 1159**, Option 2, it may be necessary to change the date of your scan appointment.

Stimulation - Day 1

You will start stimulation injections of Follicle Stimulating Hormone (FSH). You should take a single daily injection of Ovaleap (FSH) every evening within the same 4 hour period. This injection is administered into the fatty tissue in the stomach. You should continue with your FSH injections until you are advised to stop.



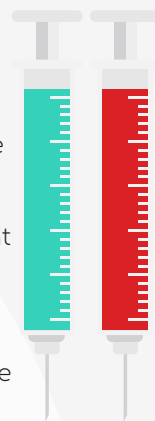
Please see the following link that will help show you how to take your Ovaleap injections.

<https://vimeo.com/432421306>

Password: ovaleap

Stimulation - Day 5

You will start the Fyremadel injections but you should continue to take the Ovaleap (FSH) injections too. You should take the Fyremadel injections in the morning and continue to inject once a day until you are advised to stop. Fyremadel injections will prevent you from ovulating (releasing the eggs) and they are a pre-filled syringe that should be injected under the skin into the fatty tissue in the stomach.



Reminder – You will be injecting Fyremadel in the morning and the FSH injections in the evening at this time.

Stimulation - Day 8

You will be given an appointment time to attend the BCMR for your second scan. This is an internal scan and it is important that you have an empty bladder. The nurse will be checking the follicle size at these scans to see when you are ready for egg collection and to ensure that you are not being over stimulated. The nurses will explain the scan results to you.

It is unlikely that you will be ready for your egg collection at this stage and further scan appointments will be made for you at this stage. It may be that you need to come in every few days at this point to be scanned until you are ready for egg collection.



You may also need to have a blood test carried out at this appointment which could result in a change in your FSH injections. The nursing team will discuss this with you.

Final Scan

When the monitoring scans show that you are ready for egg collection, the nursing team will give you a final set of instructions. They will tell you when to stop the FSH & Fyremadel injections and when to administer your 'trigger' injection. This is an important step.

