



West Coast Women's Reproductive Center
4835 Van Nuys Blvd. Suite 200
Sherman Oaks, CA 91403
818-986-1648

PRE-RETRIEVAL INSTRUCTION'S

Take HCG or LUPRON on _____ at _____ pm SHARP

THE TIMING is CRITICAL

If you have hCG/Human chorionic gonadotropin/ PREGNYLI/NOVAREL:

10,000 units: Mix 1 cc of sterile water/diluent with all the powder, use the long needle for mixing.
Change the needle to the smaller, shorter needle (unless instructed otherwise)
Inject the entire mixture subcutaneously (you will have left over water)

5,000 hCG: Mix 2 cc of sterile water/diluent with all the powder. Change the needle Inject only 1 cc of the mixture subcutaneously

3,000 HCG: Mix 3 cc of sterile water/diluent with all the powder. Change the needle Inject only 1 cc of the mixture subcutaneously

LUPRON: 0.8cc= 4mg subQ injection. You will need to come in the next morning 12 hours later to check your LH and Progesterone levels.

2) Partner should ejaculate on _____ (if more than 2 or 3 days since last ejaculate)

3) NO MEDS on _____

4) DO NOT eat or drink anything after midnight on _____

(that means no water, coffee, juice, chewing gum etc.)

5) Procedure scheduled for _____ at _____ am/pm--- please arrive 1 hour prior to procedure

6) Report to IVF center 60 minutes before retrieval

RSA, Encino: 15503 Ventura Blvd. #120 Encino, 91436. Just West of the 405 on North side of Ventura Blvd, parking on street or under building (no validation provided).

ART center: 450 N Roxbury Dr., 5th floor in Beverly Hills, 90210
(corner of little Santa Monica and Roxbury)

IF PLANNING ON A FRESH TRANSFER: AFTER ASPIRATION:

- 1)doxycyline 100 mg tablet --1 pill the day of retrieval, then twice a day for 4 days
- 2)medrol 16 mg tablet--1 pill daily for 4 days
- 3) estradiol 2 mg--one pill daily, start two days after retrieval unless instructed otherwise
- 4) prenatal vitamins--continue daily usage
- 5) start aspirin 81 mg dosage--one daily
- 6)Progesterone: start 2 days after retrieval!,

continue until your pregnancy test (if pregnant you will continue on progesterone until @ 8 wks) you will have EITHER endometrin, crinone, progesterone shots or progesterone capsules you may have a mix of these, then ask for clarification

Progesterone in oil: 50 mg/ml: use 18 gauge long needle to pull medicine into syringe, then 22 gauge long needle to inject on day after retrieval 25 mg (0.5 cc) Intra Muscular (long needle) the next day and there after: 1 cc daily (50 mg)

Crinone: one vaginal insert every morning--start 2 days after retrieval