

Visiting clinic  
on  
Day 1-3 of the  
Menstrual cycle

Depending on your blood/ echo test results and your ages, an ovarian stimulation protocol is selected. Except short/ Long protocols, it is possible to have an ovarian stimulation every month depending on your blood tests and ovarian conditions. The short/ Long protocols is recommended to the egg frozen case.

	Natural/ Minimal	Mild	Short/ Long
Previous cycle	None	None	Short: None Long: Spray
Medicines	5 days from Day 3	5 days from Day 3	None
Injections	None	Every other day From day 3	Everyday
Before 2 days of oocyte retrieval	Nasal spray or Injections	Nasal spray or Injections	Injections

In some case,  
An appointment is  
necessary for Injections

Day 8-10 of cycle

### Ultrasound and Blood Tests

If your follicle sizes or blood hormone levels have not reached to the levels that we expect prior to ovulation, additional tests will be performed in a few days. Depending on your test results, the date of oocyte retrieval is determined.

You will need to inject yourself at 21:00 in the 2 days before oocyte retrieval for a trigger injection. Otherwise, you will use a nasal spray. (Or both)

Oocyte Retrieval

### Visiting Clinic at 7:30-8:00 a.m.

You might go home after 9:00 if a local anesthesia was used, or 10:00 if an total anesthesia was used. You can be chose.

After oocyte retrieval, we will tell you the number of retrieved eggs.  
We will also check your ovarian condition.

A few days after  
Oocyte Retrieval

### Confirmation of bleeding in the abdominal cavity

When many eggs are collected, you may feel abdominal pain and abdominal tension. It is called ovarian hyperstimulation syndrome (OHSS).

[en\\_overview\\_of\\_OHSS.pdf \(yanaihara.jp\)](#)

If OHSS will get worsens, hospitalization may be required.

Since it takes about 40 minutes for a blood test, please come to visit by 12:00 for a morning appointment or 18:00 (16:00 only on Saturday) for an evening appointment.

If you want to have injections in the other clinic, please contact with your clinic before the stimulation is scheduled. We need to know the formal name of your clinic in order to write a medical referral letter.

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