

Commonly Asked Questions About Being in a Treatment cycle

1- "How will I feel during a treatment cycle?"

Infertility treatment means different things to everyone. During treatment, you may have mixed emotions and feeling of uncertainty. Some women report few or no physical changes while they are taking fertility medications. Some experience one or more of the following: tiredness, mood swings, difficulty concentrating and/ or remembering, slight abdominal bloating and twinges in the area of the ovaries. Partners may not be dealing with physical changes caused by medications, but they may be affected by the changes you are experiencing.

2- "Can I exercise while taking fertility medications?"

Your ovaries are growing larger and are more fragile than usual. It is advised that you do not walk for extended periods of time after you have started taking stimulation medications. If you have any discomfort in your lower abdomen or lower back this is an indication or "s sign" to decrease your activity level and rest more. Aerobic exercise and bouncing activities are to be avoided. If you have further questions, contact your program nurse.

3- "How high does my estradiol blood level have to go?"

Your estradiol level does not have to reach a specific number. It is important, however, that your estradiol level rises during your treatment cycle. This level will be monitored by morning blood work.

4- "When will the ultrasound begin?"

When your estradiol level is over 1000 units, the doctor may look at your ovaries using the vaginal ultrasound machine to see how many follicles are growing on your ovaries and to measure their size.

5- "Can I continue to work while in a treatment cycle?"

A treatment cycle will have an effect on both your emotional and physical well-being. This may affect your ability to work. This will be determined on an individual basis. It may be necessary for you to take time off work during or after your treatment cycle.



6- "Is it alright to have intercourse while in a treatment cycle?"

Having an ejaculation approximately every few days will help maintain an adequate semen sample. It is advised **not** to abstain from sexual intercourse. You may continue to do so until the evening of the hCG. You may, however, be too uncomfortable to have intercourse due to ovarian enlargement. You may also be physically separated from your partner during this time due to the distance of the clinic from your home (if your partner was not able to accompany you).

7- "Should I still take medications that I usually take?"

This should be discussed individually with your doctor or nurse.

8- "If this treatment cycle does not work, when can I try again?"

The time off in between treatment cycles depends on the type of medications used. IVF patients are required to take three month off in between treatment cycles.

