



BOSTONIVF
at The Women's Hospital

IVF Trigger Instructions

- Trigger injections are administered 36 hours prior to your scheduled egg retrieval.
- You will be given a specific time to inject your trigger medication.
 - Take your trigger injection at _____ *Central Time.*
 - You **DO NOT** need to take any more Gonal-F, Follistim, Menopur or Lupron.
 - The instructions you will follow are dependent on what type of trigger medication you have at home.*
 - To review injection training videos, log in to EngagedMD.
 - Call the office at (812) 842-4530 if you have any questions.

*****IMPORTANT INFORMATION*****

IT IS YOUR RESPONSIBILITY TO KNOW THE NAME OF YOUR TRIGGER MEDICATION. IF YOU DO NOT KNOW THIS, YOU MAY NOT RECEIVE THE PROPER INSTRUCTIONS. NOT RECEIVING THE PROPER INSTRUCTIONS MAY NEGATIVELY AFFECT YOUR CYCLE.



Triggering with Pregnyl, Chorionic Gonadotropin, Generic hCG, or Novarel

Supplies needed for hCG trigger

- Box of hCG, which includes one vial of sterile water and one vial of powder. There are several names for hCG. You may have Chorionic Gonadotropin, Pregnyl, or Novarel.
- 3 ml syringe with an 18 gauge, 1.5 inch needle for mixing and drawing up medication
- 27 gauge ½ inch needle or 30 gauge ½ inch needle for injecting medication.
- Alcohol wipes, gauze, band-aid

A. Triggering with hCG 10,000 IU if you have an hCG 10,000 IU vial (Generic hCG, Pregnyl, Chorionic Gonadotropin)

1. You will use a 3 ml syringe with an 18 gauge 1.5 inch needle to draw up 1 ml of solution out of the vial.
2. Inject that 1 ml of solution into the vial of powder to reconstitute the medication.
 - You may need to gently twirl the vial so all of the powder dissolves.
 - Do not shake the vial. This will cause the medication to foam and will make it harder to draw back up into the syringe.
3. Draw up the mixed medication into the syringe and remove the 18 gauge needle.
4. Attach a 30 gauge ½ inch needle or a 27 gauge ½ inch needle onto the syringe.
5. Inject the hCG subcutaneously in the abdomen.

B. Triggering with hCG 5,000 IU if you have an hCG 10,000 IU vial (Generic hCG, Pregnyl, Chorionic Gonadotropin)

1. You will use a 3 ml syringe with an 18 gauge 1.5 inch needle to draw up 2 ml of solution out of the vial.
2. Inject that 2 ml of solution into the vial of powder to reconstitute the medication.
 - You may need to gently twirl the vial so all of the powder dissolves.
 - Do not shake the vial. This will cause the medication to foam and will make it harder to draw back up into the syringe.
3. **Draw up 1 (one) ml** of the mixed medication into the syringe and remove the 18 gauge needle. *There will be leftover medication in the vial.*
4. Attach a 30 gauge ½ inch needle or a 27 gauge ½ inch needle onto the syringe.
5. Inject the hCG subcutaneously in the abdomen.

C. If you have two Novarel 5,000 IU vials and are triggering with 10,000 IU of hCG

1. You will use a 3 ml syringe with an 18 gauge 1.5 inch needle to draw up 1 ml of solution out of the vial.
2. Inject that 1 ml of solution into the first vial of Novarel 5,000 IU powder to reconstitute the medication.
 - You may need to gently twirl the vial so all of the powder dissolves.
 - Do not shake the vial. This will cause the medication to foam and will make it harder to draw back up into the syringe.
3. Draw up the mixed medication back up into the syringe.
4. Inject the mixed medication into the second vial of Novarel 5,000 IU powder.
 - You may need to gently twirl the vial so all of the powder dissolves.
 - Do not shake the vial. This will cause the medication to foam and will make it harder to draw back up into the syringe.
5. Draw up the mixed medication into the syringe and remove the 18 gauge needle.
6. Attach a 30 gauge ½ inch needle or a 27 gauge ½ inch needle onto the syringe.
7. Inject the hCG subcutaneously in the abdomen.

D. If you have Novarel 5,000 IU vials and are triggering with Novarel 5,000 IU

1. You will only use one vial of Novarel 5,000 IU. If you have 2 vials of Novarel 5,000 IU, you will have one vial leftover.

2. You will use a 3 ml syringe with an 18 gauge 1.5 inch needle to draw up 1 ml of solution out of the vial.
 3. Inject that 1 ml of solution into ONE vial of Novarel 5,000 IU powder to reconstitute the medication.
 - You may need to gently twirl the vial so all of the powder dissolves.
 - Do not shake the vial. This will cause the medication to foam and will make it harder to draw back up into the syringe.
 4. Draw up the mixed medication into the syringe and remove the 18 gauge needle.
 5. Attach a 30 gauge ½ inch needle or a 27 gauge ½ inch needle onto the syringe.
 6. Inject the hCG subcutaneously in the abdomen.
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Lupron and Ovidrel

Lupron Trigger

- Supplies needed for Lupron trigger
 - Vial of Lupron
 - One 100 unit insulin syringe *or* two 50 unit insulin syringes. These syringes have orange caps. You may also have a prefilled syringe of Lupron.
 - Alcohol wipes, gauze, band-aid

- Lupron 80 Unit Trigger Instructions**
 1. If you have a 100 unit insulin syringe, draw up 80 units of Lupron out of the vial, and inject subcutaneously into the abdomen.
 2. If you have 50 unit insulin syringes, you will need 2 syringes. Draw up 40 units of Lupron out of the vial into each syringe. Inject both syringes, subcutaneously in the abdomen, one right after the other.
 3. If you have a prefilled syringe of Lupron, inject the syringe subcutaneously in the abdomen.
 4. You will be scheduled for a blood work only appointment the day after your Lupron trigger. Date: _____. You will receive a message in your patient portal regarding the blood work results.
 5. Please bring your box of hCG (Pregnyl, chorionic gonadotropin, generic hCG, Novarel) with you on the day of your egg retrieval. You will receive an injection of hCG before you are discharged.

Ovidrel Trigger

- Supplies needed for Ovidrel trigger
 - One or two boxes of Ovidrel
 - Alcohol Wipes, gauze, band-aid

 - Ovidrel Trigger Instructions**
 1. For Ovidrel 250 mcg: Inject one prefilled syringe subcutaneously in the abdomen
 2. For Ovidrel 500 mcg: Inject two prefilled syringes, one right after the other, subcutaneously in the abdomen.
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Egg Retrieval and Embryo Transfer Instructions

Day before Egg Retrieval

- Please drink adequate fluids today, up until the time specified below, to help maintain hydration.
- Do not eat or drink anything after MIDNIGHT. This includes chewing gum, mints, or other hard candy.
- Review the following anesthesia instructions for the day of your egg retrieval:
 - If you take BP, cardiac, or seizure medications, please take them the morning of your procedure with a very small sip of water.
 - If you take insulin or use inhalers, please bring them with you.
 - If you regularly monitor your blood sugars, please bring your glucometer.
 - Do not wear make-up or perfume the day of your procedure.
 - Please do not wear contacts. Remove them and wear glasses.
 - Remove finger nail polish. Toe nail polish is ok.
 - Do not wear jewelry or any body piercings.
 - No hair ornaments, scrunchies, or barrettes can be worn.
 - Please wear loose, comfortable clothing and bring warm socks.
 - You will need a ride home. You **CANNOT** drive or go home by yourself.
 - A responsible adult should stay with you for 24 hours after your procedure.

Day of Egg Retrieval

- Your partner will collect a semen specimen **at home** prior to arriving for your procedure, unless otherwise instructed. Please have your partner bring his driver's license or photo ID today.
 - Bring your driver's license or photo ID with you today.
 - Please arrive at the office at _____. Your retrieval is scheduled at _____.
 - Approximately one hour after your procedure, you will be discharged home.
 - Rest for the remainder of the day with an adult with you.
 - If you triggered with Lupron***, please bring your box of hCG (Pregnyl, chorionic gonadotropin, generic hCG, Novarel) with you on the day of your egg retrieval. You will receive an injection of hCG before you are discharged.
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Day after Egg Retrieval

- You will be called in the afternoon with a fertilization report.
- Your embryo transfer will be scheduled.

Day of Embryo Transfer (ET)

- Please arrive at the office at _____. Your ET is schedule at _____.
- Bring your driver's license or photo ID with you today.
- Your partner can be in the procedure room with you during your transfer.
- Do not wear perfume or cologne. This applies to your partner, as well.
- You may eat and drink prior to your embryo transfer.
- Please drink 48-64 ounces of water prior to your embryo transfer. You want your bladder to feel full, but not uncomfortable, when you arrive. A full bladder allows the doctor to properly visualize the uterus during your transfer.

Day of Pregnancy Test

- Your pregnancy test will be scheduled 9 or 11 days after your embryo transfer.
- You will receive a call with your results on the day that your blood is drawn.
- If your pregnancy test is positive, another pregnancy test will be ordered. We will let you know when this will be scheduled. Continue your hormone support. You may need to call your pharmacy for refills.
- If your pregnancy test is negative, discontinue your hormone support and call the office with the first day of your period.
- If you start a period before or on the day of your scheduled test, please still come in for your blood draw. We are required to document the results of a blood pregnancy test, even if you have started a period.

If you have questions or concerns about your cycle at any time, please call (812) 842-4530.