

February 2021

Indicates the first day of a med
 Indicates last day of med or activity
 Indicates visit to the office/blood draw

PNV-prenatal vitamin
 BCP-birth control pill

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	
				Baseline ultrasound			
				Blood Draw E2/P4			
					Begin Evening dose:		
					Estradiol Valerate 0.15mL PM		
31-Jan	1	2	3	4	5	6	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	
				Blood Draw E2			
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		
7	8	9	10	11	12	13	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	Lupron 10u in AM	
	Lining check ultrasound			Blood Draw E2/P4		Prog in Oil 1mL @	
	Consent forms due					Medrol AM & PM	
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		
14	15	16	17	18	19	20	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	No Ibuprofen, smoking,
Medrol AM & PM	Medrol AM & PM	Medrol AM & PM	Medrol AM & PM	Medrol AM & PM			alcohol, sexual intercourse
				Blood Draw E2/P4 @			or physical activity that would
				Embryo Transfer @			cause straining or breathlessness
				Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	between Embryo Transfer and
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		Pregnancy results
21	22	23	24	25	26	27	

March 2021

Indicates the first day of a med	Indicates last day of med or activity	Indicates visit to the office/blood draw
----------------------------------	---------------------------------------	--

PNV-prenatal vitamin
BCP-birth control pill



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	
28-Feb	1	2	3	4	5	6	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Please continue all medications until instructed to stop. Most meds start to taper down at 9.5 weeks of pregnancy
	Day 11 blood draw HCG/E2/P4						
	today you find out if you are pregnant!!						
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Good Luck!!
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		
7	8	9	10	11	12	13	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
				Day 21 blood draw HCG/E2/P4			
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		
14	15	16	17	18	19	20	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night	
		Estradiol Valerate 0.15mL PM			Estradiol Valerate 0.15mL PM		
21	22	23	24	25	26	27	

April 2021

Indicates the first day of a med	Indicates last day of med or activity	Indicates visit to the office/blood draw
----------------------------------	---------------------------------------	--

PNV-prenatal vitamin
BCP-birth control pill



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a 7 wk 2 day OB ultrasound	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.15mL PM	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.15mL PM	Prog vag microcaps @ night	
28-Mar	29-Mar	30-Mar	31-Mar	1	2	3	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.15mL PM	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.15mL PM	Prog vag microcaps @ night	
4	5	6	7	8	9	10	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a 9 wk 2 day OB ultrasound	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.10mL PM	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.10mL PM	Prog vag microcaps @ night	
11	12	13	14	15	16	17	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a	Prog in Oil 1mL before 10a					
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.05mL PM	Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.05mL PM	Prog vag microcaps @ night	
18	19	20	21	22	23	24	
PNV	PNV	PNV	PNV	PNV	PNV	PNV	
Prog vag microcaps @ night	Prog vag microcaps @ night	Prog vag microcaps @ night Estradiol Valerate 0.05mL PM					
25	26	27	28	29	30	1-May	