

## MONITORED CYCLE INFORMATION SHEET

Your doctor has ordered a **MONITORED CYCLE**, which can be a very valuable tool in determining why you are having difficulty getting pregnant. Through blood levels and ultrasound, we will be able to determine if you are producing enough estrogen, as well as adequate follicles, to ovulate and thus achieve pregnancy.

1. On day 1 of your cycle or the first day of your period, we ask that you call and give us that information.
2. You will be taking Serophene/Clomiphene as ordered by your doctor to enhance the production of estrogen and follicles. Your doctor will give you a prescription for it.
3. An **ESTRADIOL LEVEL** is drawn close to ovulation, which will be based on the information we get from your BBT charts. Please continue to take your temperature every day, as that data is very important. An **ESTRADIOL LEVEL** will tell us if your body is producing enough estrogen to ovulate. We need a level greater than 400. This level needs to be drawn at 8 a.m. in order for us to have the results back by afternoon when you come for your Ultrasound appointment - after 2 p.m.
4. The **ULTRASOUND** will allow us to see if your ovaries are responding properly to the Serophene/Clomiphene and are developing good follicles. A good follicle is 1.8-2.2 cms. Ultrasound helps us to determine what is occurring and what adjustments need to be made in your treatment plan.

The combination of your BBT charts, Serophene, Estradiol levels, and Ultrasound will allow us to “monitor” your cycles more closely, thus bringing you closer to your goal of ovulation - and hopefully pregnancy.

Please realize that each cycle is individualized, and that no two cycles are alike, so we encourage you to take only a cycle at a time. Each cycle monitored is **very valuable**, and you will learn something with each one.

Due to constant changes with insurance, it will be necessary for you to check with your insurance for benefits, so that you are aware of coverage. A few insurances may cover; but others may not, so we ask that you check this out. We realize this can be costly to you, if your insurance doesn't cover it. We will be happy to assist in any way if you still have questions regarding this.

Hopefully all of this information will help you to understand the process we will be going through and answer many of your questions. Should you still have questions, please call the office and talk with one of the nurses. In order to give you the extra required time that you may need for your questions, your phone call may not be returned until later in the day due to our large volume of calls. If you are calling to **BEGIN** your **MONITORED CYCLE**, please let the nurse know when the first day of your period is, as all labs and ultrasounds are calculated from that. Please be sure to schedule an appointment with your doctor **each month** prior to day 5 **before** you begin the next cycle of Serophene/Clomiphene.