

**Minimal Stimulation Protocol Instructions**  
**Piedmont Reproductive Endocrinology Group**  
**864-232-PREG (7734)**

Your physician has prescribed a combined **Clomiphene Citrate (Clomid, Serophene)** or **Letrozole (Femara)** in combination with **gonadotropins (Repronex, Follistim, Bravelle or Gonal-F)** stimulation regimen referred to as a **MINIMAL STIMULATION PROTOCOL**. This sheet is intended as a reminder of the timing of treatments to better serve your needs. Cycle day one of the menstrual cycle is the first full day of regular flow, not spotting. If menstrual flow begins after noon, consider the next day as cycle day one.

**Stimulation Protocol:**

- Cycle day 1:** Call the office (or if on weekend, call on Monday) to schedule an appointment for an ultrasound exam (**follicle scan**) on cycle day 12 (**864-232-PREG**). If you do not plan on giving yourself injections, schedule a cycle day 7 appointment for gonadotropin injections by our staff and for instructions on how to have your partner or designated person to give you your injections.
- Cycle days 3-7:** Women take **Clomiphene Citrate 100 mg (two 50 mg tablets)** every day for 5 days on (days 3-7)  
**Letrozole (Femara) 5 mg (two 2.5 mg tablets)** every day for 5 days on (days 3-7)
- Cycle day 7:** Women receive a single injection of **gonadotropins 150 units (two ampules)**
- Cycle day 9:** Women receive a single injection of **gonadotropins 150 units (two ampules)**
- Cycle day 12:** Vaginal ultrasound exam (**follicle scan**) for follicle size. Additional follicle scans may also be scheduled if needed.

Depending on the follicle size, you will be instructed to administer an injection of **human chorionic gonadotropin (hCG) 10,000 units (Ovidrel, Pregnyl, or Profasi)** that day, or within the next few days to trigger or boost ovulation. To ensure that you have not already had a release of your own ovulation hormones, a LH urine surge test (ovulation predictor kit) will be performed by you at home (or by our office) on the morning beginning with cycle day 12. If the urine test is negative, depending on your follicle scan you will be told when to take the hCG injection. If the urine test is positive, hCG should be given immediately that morning as a boost to your own body's LH surge.

**Intercourse and Intrauterine Insemination (IUI)**

If you receive a hCG injection at night, plan for IUI 36 hours after the injection. This translates to two mornings after the night of the injection. Abstain from intercourse 24 hours before your IUI in order to optimize the sperm sample. After the IUI, intercourse is encouraged for that night and the next several days. If you have a positive urine test in the morning and receive hCG that same morning, abstain from intercourse and your IUI will be performed the next morning. After the IUI, intercourse is encouraged for that night and the next several days.

**Day of Insemination**

The day and time of IUI will be determined by either of the scenarios noted above. Your partner will arrive in the morning for collection of a semen sample in our office for processing (sperm washing) by our laboratory. In some circumstances, he may collect a sample at home if it is delivered in a sterile container to our laboratory within 30 minutes of collection (collection kits available on request). Specimens are best collected by masturbation with avoidance of the use of any lubricants or saliva. The first portion of the ejaculate is the most concentrated, so it is important not to lose any of the specimen.

A nurse or physician performs intrauterine insemination approximately one hour after the semen arrives in the laboratory. A narrow (~2 mm) IUI catheter is slipped through your cervix into your uterus during a regular speculum examination. No medications or anesthesia are required. You will be asked to remain lying down with your hips slightly elevated for 15 minutes before leaving the office and go about your usual activities. Occasionally, you may experience light spotting after the procedure, as well as leakage of some semen fluid, which is normal. Light cramping may be treated with Tylenol.

You will usually obtain a progesterone level one week after your IUI to document adequate ovulation. You will perform a home urine pregnancy test two weeks after IUI and if positive, call the office for blood testing. If negative, plan to repeat the above protocol unless instructed differently by our office.

**Weekend Instructions**

Since the precise time of ovulation is seldom predictable, our office provides IUI and monitoring services on the weekends as well. If you have any further questions or problems, please do not hesitate to call our office at **864-232-PREG**

**Approximate Costs:** Medications (all): \$150-300 (depending on place of purchase); Follicle scans: \$125/scan; IUI: \$300; Injections (by our staff): \$15/injection. Urine LH testing: \$12. (Note: all prices are subject to change).