

Lila L. Schmidt, MD
OB/GYN, Reproductive Endocrinology/Infertility
4060 4th Avenue, Suite 610 A
San Diego, CA 92103
619/295-4050
SanDiegoMommyMaker.com

CYCLE GUIDELINES: IUI or Clomid (Clomiphene Citrate)

Day 1 Phone Call	First day of menstrual FLOW (not spotting) call office to schedule an appointment for day 3 of your cycle.
Day 3 Appointment	<p>Schedule an appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> • Vaginal ultrasound : to ensure that your follicle from last month has shrunk/collapsed • Blood draw to check your Estradiol and FSH (follicle stimulating hormone) levels • Depending on results, start Clomid the evening of day 3 and continue on your prescribed dosage of Clomid for 5 consecutive days.
Call Dr. Schmidt	<p>Call Dr. Schmidt at _____ am/pm for your results. (Desired levels: FSH < 10, Estradiol < 70)</p> <ul style="list-style-type: none"> • 619/295-4050
Schedule Procedure ASAP	<p>Call RMG (Radiology Medical Group) at 619/849-9729 for an</p> <p><input type="checkbox"/> HSG (hysterosalpingogram) or <input type="checkbox"/> Hysterosonogram</p>
Day 10 Appointment	<p>Schedule an appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> • Ultrasound to check <ul style="list-style-type: none"> ○ Number and size of growing follicles ○ Thickness and characteristics of your uterine lining. This will help to determine if you need estrogen supplementation. • Pick up two sterile sperm collection containers from Dr. Schmidt's office for IUI (intrauterine insemination)
Day 12 Appointment	<p>Day 12 of your cycle:</p> <ul style="list-style-type: none"> • Begin checking for the LH (leutenizing hormone) surge with your ovulation predictor kit ("your kit") • On the day you surge, (note: this may not be day 12) call the office by 12 noon to schedule <ul style="list-style-type: none"> ○ IUI (intrauterine insemination – series of 2) ○ Post Coital test

Day 16 Appointment	If you have not surged on your own by day 16, make an appointment for an u/s and possible blood draw. You may get an injection of HCG (Human Chorionic Gonadotropin) to cause your ovulation in 1-2 days.
Intercourse or Insemination	The day after your surge or HCG injection and the following day: <input type="checkbox"/> Have intercourse <input type="checkbox"/> IUI at the office Be sure to schedule an appointment for a blood draw in 1 week
Appointment 1 week after your surge	Call the office to schedule your progesterone blood draw. <ul style="list-style-type: none"> • Blood draw for progesterone level (Desired level is 20 or higher)
Call Dr. Schmidt	Call Dr. Schmidt at _____ am/pm for progesterone test results: <ul style="list-style-type: none"> • 619/295-4050
2 weeks after your surge	Do a home pregnancy test and call Dr. Schmidt with the results

Please feel free to call us with any questions or concerns during this cycle. We are here to help you.