THE FERTILITY CENTER OF OREGON

590 Country Club Parkway, Suite A Eugene, Oregon 97401 (541) 683-1559

Douglas Austin, M.D. Lesa Hill, P.A.-C Jeannie Merrick, R.N.,N.P. Sue Armstrong C.N.M.

INSTRUCTIONS BEFORE G.I.F.T.

1) Please take HCG 10,000 units by injection _____. To give HCG, draw up one cc of fluid from the fluid vial into the syringe (you may discard the rest of the fluid). Inject the fluid into the second HCG vial and shake gently to mix. Draw up one cc from the second vial, change needles, and give the injection IM just as for the Humegon shot.

2) Please stop all other medications (Lupron, Fertinex, Humegon, etc.) after HCG instructions are given.

3) On the morning of the G.I.F.T. procedure, please collect the sperm sample as instructed and bring it in the sterile container to our office lab at _____. Please tell the person at the reception counter that you are a G.I.F.T. patient and that you have a sperm specimen for your G.I.F.T. procedure. You can leave the sperm specimen at our office and then go to the McKenzie Surgery Center to check in.

4) Please remember not to have anything to eat or drink after midnight before the day of the G.I.F.T. procedure (except clear liquids until 9:00 a.m.). You should plan to report to the McKenzie Surgery Center two hours before the scheduled time of your procedure.

5) You may have intercourse on the night of the HCG injection, but we recommend abstaining for 36 hours before the sample is obtained on the day of the G.I.F.T. procedure.

6) If you have any questions, please call _____ at our office.

INSTRUCTIONS AFTER G.I.F.T.

1) Please start the Progesterone injections on the second morning <u>after</u> the G.I.F.T. procedure. Each injection should be 1.0 cc (50 mg) of Progesterone in oil and should be given once each morning intramuscularly (just as the Humegon injections are done). Wipe off the rubber top of the vial with rubbing alcohol, draw up 1.0 cc into the syringe, withdraw the syringe and change needles, expel all extra air, and give the injection in the routine fashion. You will continue the Progesterone injections until a menstrual period begins or until other instructions are given if a pregnancy is confirmed.

2) Please plan to limit activities and rest at home for the rest of the day and two days after the G.I.F.T. procedure. You may return to work but should avoid any vigorous exercise or activity for the next 10-12 days. Please be sure to make an appointment for a two week check after your procedure. All other instructions are as outlined in the laparoscopy postoperative information handout.