

KATIE OSTROM MD LLC -- SAMPLE FROZEN TRANSFER CALENDAR (FET)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Birth Control Pills (OCP) No Placebo Prenatal Vitamin Daily → Vitamin D Daily →	4 Birth Control Pills (OCP)	5 Birth Control Pills (OCP)	6 Birth Control Pills (OCP)	7 Birth Control Pills (OCP)	8 Birth Control Pills (OCP)	9 Birth Control Pills (OCP)
10 Birth Control Pills (OCP)	11 Birth Control Pills (OCP)	12 Birth Control Pills (OCP)	Lupron Start Day 13 Lupron daily Birth Control Pills (OCP)	14 Lupron daily Birth Control Pills (OCP)	15 Lupron daily Birth Control Pills (OCP)	16 Lupron daily Birth Control Pills (OCP)
17 Lupron daily Birth Control Pills (OCP)	18 Lupron daily Birth Control Pills (OCP)	Last OCP 19 Lupron daily Birth Control Pills (OCP)	Ultrasound/Labs 20 Lupron daily	21 Lupron daily	22 Lupron daily	Estrace Start Day 23 Estrace daily Decrease Lupron
24 Estrace daily Lupron daily	25 Estrace daily Lupron daily	26 Estrace daily Lupron daily	27 Estrace daily Lupron daily	28 Estrace daily Lupron daily	Estrace Increase Day 29 Estrace daily Lupron daily	30 Estrace daily Lupron daily
31 Estrace daily Lupron daily	NOV 1 Estrace daily Lupron daily	2 Estrace daily Lupron daily	3 Estrace daily Lupron daily	Ultrasound/Labs 4 Estrace daily Lupron daily Decision for Transfer	5 Estrace daily Lupron daily	6 Estrace daily Last Day of Lupron
Progesterone Start Day 7 Estrace daily Progesterone and other medications	8 Estrace daily Progesterone and other medications	9 Estrace daily Progesterone and other medications	10 Estrace daily Progesterone and other medications	11 Estrace daily Progesterone and other medications	Embryo Transfer 12 Estrace daily Progesterone and other medications Full Bladder/Arrive 30 min prior to scheduled time	13 Serum Pregnancy Test Continue All Meds