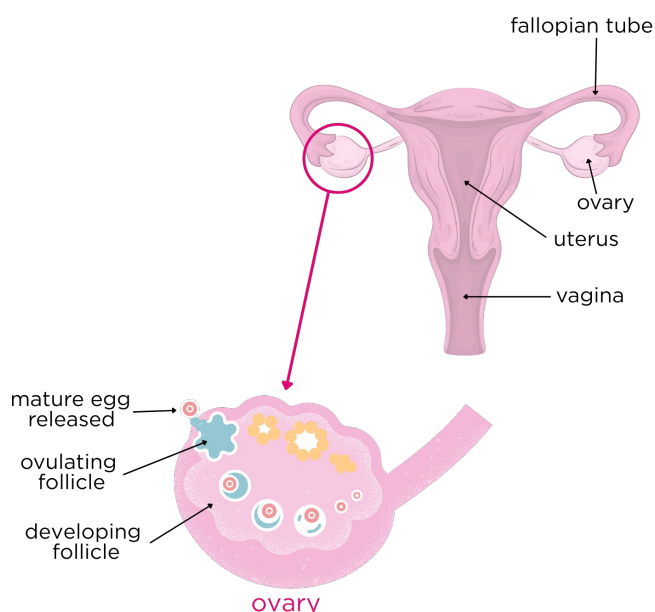


# Ovulation Induction Program at the Women's

## What is ovulation induction?

Ovulation induction (OI) is when you take tablets or injections to help your body grow a mature egg. The hormones in the medicine help follicles (fluid filled sacs that hold the egg) grow so that you can ovulate (release an egg). You need to grow mature eggs so they can be fertilised with sperm.



You might need this treatment if you don't ovulate regularly or don't have regular periods. This can make it difficult to get pregnant.

Ovulation induction might be an option to help you get pregnant if you don't have regular periods and been trying for more than 12 months without success.

## What happens during treatment?

If you're eligible for the Ovulation Induction Program at the Women's, you'll be prescribed medicine to help your body grow a mature egg. This medicine might be a tablet or an injection.

We'll do tests to see how your body responds to the medicine. These tests include:

- a series of internal ultrasounds (done through your vagina) to check the size of your follicles and the thickness of the lining inside your uterus (the endometrium)
- urine tests to detect a hormone called luteinizing hormone (LH), which helps predict when you'll ovulate
- blood tests to measure your hormone levels.

## Starting your treatment cycle

After you and your partner (if you have one) finish all your screening, the nurses will organise a 'new patient information session' to explain your treatment plan. At this session, the team will tell you when you can start your treatment cycle or when to call us on Day 1 of your period.

When your period starts, call the nursing staff on 03 8345 3200.

During this call, the nurse will:

- tell you if you can start treatment
- explain what medicine to start and where you can get it
- give you instructions on how much medicine to take and when
- schedule your first internal ultrasound.

If you want, you can book an appointment to learn how to use the medicine.

Most medicines need to start on Day 3 of your period, so please call us as soon as your period begins.

## Medicines and tests

### Letrozole

Letrozole is a tablet that helps you grow a single mature follicle and egg and aids ovulation.

Common side effects include:

- tender or sore breasts
- difficulty sleeping
- feeling dizzy
- feeling tired
- headaches
- hot flashes
- night sweats
- spotting or unusual menstrual bleeding
- an upset stomach.

Not everyone has side effects. If you do, or you have any questions or concerns, talk to your care team.

A rare side effect of letrozole is blurred vision. If you get blurred vision, please go to your nearest hospital emergency department.

### FSH Injections - *Gonal F®* and *Puregon®*

These injections contain a hormone called follicle-stimulating hormone (FSH). It helps you grow a mature follicle and egg and aids ovulation.

You'll give yourself this injection at home once a day, at the same time each day.

FSH can sometimes cause your ovaries to grow more than one egg. If you grow 2 mature eggs, your care team will talk with you about the risks of carrying more than one baby. They'll also give you information about multiple pregnancies. If it's not safe for you to continue treatment, it may need to be cancelled.

If you grow 3 or more mature eggs, we will stop the treatment for your health and your babies' health.

Common side effects include:

- bloating or discomfort in your belly
- more vaginal discharge than usual
- tender or sore breasts
- enlarged, tender ovaries
- bruising or irritation where you inject the medicine
- mood changes like feeling irritable or tearful
- headaches
- nausea
- fluid retention (your body holding on to extra fluid).

Not everyone has side effects. If you do, or you have any questions or concerns, talk to your care team.

## Monitoring your progress

You may need more than one ultrasound to check if you have a mature egg and if your endometrium is thick enough. If your body is ready, we'll give you home urine LH tests and show you how to use them.

### Urine LH test (Seratec)

This test is similar to a pregnancy test and shows when you're about to ovulate. When your test is positive, call the nursing team. It's also time to have regular, unprotected sex.

If you find it hard to have regular, unprotected sex, tell your nursing team. We can organise an appointment to see a doctor

### Trigger injection - Human chorionic gonadotrophin (hCG) - Ovidrel

Some people don't ovulate on their own. If this happens, you may need a 'trigger injection' to help you ovulate. Your care team will tell you if you need this injection.

If you do, it can be given at home or in clinic by a nurse. After the injection, it's important to have regular sex for at least 2 days.

Common side effects include:

- nausea or vomiting
- weight gain
- shortness of breath
- diarrhoea
- tender or sore breasts
- bloating or mild stomach pain.

Not everyone has side effects. If you do, or you have any questions or concerns, talk to your care team.

### Luteal phase support (LPS)

Luteal phase support means taking medicine to help a fertilised egg attach to the uterus (womb). Most people don't need this during this type of treatment cycle. We will tell you if you do.

### Progesterone blood test

During your first OI treatment, you'll have a blood test around 7 to 8 days after you think you ovulated. This test checks your progesterone level to confirm if you've ovulated. If the level is low, it may mean you haven't ovulated. If this occurs, your care team may suggest trying a different medicine in your next cycle.

### What if you don't get your period?

If your period hasn't started 15 days after ovulation, you'll need a pregnancy blood test. We'll tell you if and when to come in for this test.

### What if you do get your period?

If your period starts and it feels normal for you, please call the nursing team to tell us it's Day 1 of your period.

If your bleeding doesn't feel normal for you, please call us. Your treatment cycle might still be successful, and we might need to do a pregnancy blood test.

### Review appointments

If you haven't gotten pregnant after trying for 3 to 4 cycles, it's a good idea to book a review appointment with a doctor in the Reproductive Services team.

### Contact information at the Women's Reproductive Services Unit

Level 2, Royal Women's Hospital

- Reception: 03 8345 3200
  - Nurse: 03 8345 3200
- Monday to Friday 7.30am to 3.30pm

### Do you need an interpreter?



You can ask for an interpreter if you need one.

### Family Violence Support

#### 1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

[1800respect.org.au](https://1800respect.org.au)