

## Instructions for patients: Ovulation Induction with Oral Medication

Contact Women's Health Melbourne on the first day of your period (When bleeding first starts). This is called Day 1 of your treatment cycle. It is OK to call on Day 2 or Day 3 if your period starts after hours or on a weekend.

Count ahead and book an ultrasound scan appointment with Dr Lew between Day 10 and 12 of your treatment cycle.

If you don't have normal periods, an "artificial period" can be brought on by a course of progesterone. It is important to have a pregnancy test before using medication to bring on a period.

### Medication instructions

Take \_\_\_\_\_

for 5 days, on Day 5 to Day 9 (inclusive) of your treatment cycle  
Take your medication at the same time each day.

### Ovulation Surge monitoring

LH surge detection kits are available for purchase from Women's Health Melbourne

Monitor your ovulation timing as directed by Dr Raelia Lew.

### Timed Intercourse

For your best chance of conception you should have intercourse on the day of your positive ovulation surge test and every second day, for at least 3 times in total.