



Saint Mary's Hospital

Department of Reproductive Medicine

Fertility Preservation Booklet

Please bring this booklet with you to each visit

Patient Name:

Hospital Number:



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1. Record Chart

Day of stimulation	Date	Blood/Scan	Stimulation drug	Cetrotide	Additional drugs	Please tick once taken
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						

Blood tests are usually taken between 7.45 and 8.30 in the morning to ensure that we get the results back the same day. Blood is taken to check your oestrogen level. This gives an indication as to how your ovaries are responding to the stimulation drug.

Scans are usually internal and assess how your follicles are growing. You will be allocated individual appointment times for your scans.

Once you start your stimulation drug please do not stop this unless advised to do so by a nurse or doctor. It takes approximately 10-14 days of stimulation until you are ready for your final (trigger) injection.

If you have any concerns, please contact the nurses on (0161) 276 6209. Out of hours in an emergency please contact Ward 62 (the Gynaecology ward) on (0161) 276 6518 or (0161) 276 6410.

2. Trigger injection

You are now ready to take your Pregnyl injection. Please write down all of the instructions given to you by the nurse on the telephone.

	Pregnyl	5000 IU	
Injection to be given at:			
_____:____ hours / _____ am/pm			
On: Day _____ Date _____			

OR

	Buserelin	0.5mls	
Injection to be given at:			
_____:____ hours / _____ am/pm			
On: Day _____ Date _____			
For buserelin trigger only – please take your Cabergoline two hours earlier at:			
_____:____ hours / _____ am/pm			

Please note: Your egg collection is timed to be 34-36 hours after your pregnyl or buserelin injection.

3. Day of egg collection

Please report to Ward 90 with your partner at 7.30 am on the date given to you over the telephone.

Please bring: <ul style="list-style-type: none">• Dressing gown• Slippers• Sanitary towels• Something to read	Don't forget! <ul style="list-style-type: none">• Nothing to eat or drink from 12 midnight the night before your egg collection.• If storing embryos your partner is to abstain from ejaculation for 2-4 days prior to the day of egg collection.
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Number of eggs collected:

Post Egg Collection

Following your egg collection you may feel bloated, have mild abdominal pain and light vaginal bleeding on some days. If you are concerned please contact the nurses on (0161) 276 6209 for advice, or out of hours please contact Ward 62 on (0161) 276 6204.

The lab staff will telephone you the day after your egg collection to inform you of the:
Number of eggs/embryos stored:

Additional Instructions:

4. Follow up – Telephone consultation

Your telephone follow-up appointment has been booked for:

Date _____ **Time** _____

Please note: This is a telephone consultation – you do not need to attend the Unit.

5. Menopur

What does it do?

Menopur stimulates the follicles in your ovaries, with the aim of an egg developing within each follicle.

Possible side effects:

- Local irritation at injection site.
- Ovarian Hyperstimulation Syndrome (OHSS).

Signs/symptoms to look out for include:

- Abdominal swelling/pain.
- Shortness of breath.
- Extreme thirst.
- Nausea/vomiting.
- Headaches.
- Problems passing urine (small amounts or none at all).
- Local irritation at injection site.

If you experience any of these symptoms, you must inform a nurse at the unit as soon as possible. If the unit is closed, please telephone the Gynaecology ward (Ward 62) in the main hospital) on (0161) 276 6518 or (0161) 276 6410.

How to prepare Menopur:

1. Remove the product from the box.
2. Open the top tray, which will contain pre-filled syringes of water, a vial of powder and a needle.
3. Remove the powder vial from the tray.
4. Flick the blue cap off.
5. Remove the grey lid off the pre-filled syringe of water and twist the orange needle on to the top.
6. Push the needle through the grey bung on the powder vial.
7. Push all the water into the vial of powder. If you have two pre-filled syringes of water, remove the needle from the first syringe and attach it to the second and inject into the vial of powder.
8. The powder should all dissolve. If not completely dissolved, give the vial a gentle roll. Do not shake.

How to inject Menopur:

1. Take a needle from the large box.
2. Remove needle from the packaging and remove the clear lid.
3. Pierce the grey bung and tip the vial upside down.
4. Pull down plunger to just past your required dose.
5. With the needle pointing upwards, flick the syringe so that any air bubbles move to the top.
6. Pull plunger down and push out the air, ensuring the top of the black plunger lines up with your required dose.
7. Pinch an inch of skin below your belly button.
8. Inject at a 45 degree angle.
9. Inject the full dose.
10. Remove the needle.
11. Dispose in sharps bin provided.
12. Put the remaining solution of Menopur in the cupboard for your next dose.

Storage Information

Before reconstitution store in a refrigerator (2°C - 8°C) in its original container to protect from light.

After reconstitution, the solution may be stored for a maximum of 28 days at not more than 25°C.

Do not freeze.

6. Bemfola

What does it do?

Bemfola stimulates the follicles in your ovaries, with the aim of an egg developing within each follicle.

Possible side effects:

1. Local irritation at injection site.
2. Ovarian Hyperstimulation Syndrome (OHSS).

Signs/symptoms to look out for include:

- Abdominal swelling/pain.
- Shortness of breath.
- Extreme thirst.
- Nausea/vomiting.
- Headaches.
- Problems passing urine (small amounts or none at all).

If you experience any of these symptoms, you must inform a nurse at the unit as soon as possible. If the unit is closed, please telephone the Gynaecology ward (Ward 62) in the main hospital) on (0161) 276 6518 or (0161) 276 6410.

How to use bemfola:

1. Take the syringe and needle out of the box.
2. Wash your hands and remove the peel tab from the injection needle.
3. Align the injection needle with the pen and gently push in. You will hear a click.
4. Remove the outer needle protection cap
5. Remove the inner needle protection cap.
6. Hold the pen with the needle pointing upright. Tap the pen slightly in order to make eventual air bubbles rise.
7. Push the dosage plunger until it stops and a small amount of fluid is seen. If a small amount of fluid is not seen the pen should not be used.
8. Turn the dosage plunger until the prescribed dose is aligned with the middle of the indent.
9. Pinch an inch of fat below your belly button.
10. Inject Bemfola at a 90 degrees angle.
11. Push the plunger until it stops.
12. Wait 5 seconds then remove the injection needle.
13. Dispose of the needle into the sharps bin provided.

Storage

Store Bemfola in the refrigerator. Do not freeze.

Store in the original packaging to protect from light.

Once opened, it may be stored at or below 25°C for a maximum for 28 days.

7. Gonal F

What does it do?

Gonal F is an injection that contains follicle stimulating hormone (FSH). It stimulates your ovaries to produce follicles, aiming to produce an egg inside each one.

Possible side effects:

- Local irritation at injection site
- Ovarian Hyperstimulation Syndrome (OHSS)

Signs/symptoms to look out for include:

- Abdominal swelling/pain.
- Shortness of breath.
- Extreme thirst.
- Nausea/vomiting.
- Headaches.
- Problems passing urine (small amounts or none at all).

If you experience any of these symptoms, you must inform a nurse at the unit as soon as possible. If the unit is closed, please telephone the Gynaecology ward (Ward 62 in the main hospital) on (0161) 276 6518 or (0161) 276 6410.

How to use Gonal F:

1. Take out the Gonal F pen and one of the needles inside your box.
2. Take the white lid off the Gonal F pen.
3. Peel the paper cap off the needle.
4. Twist the needle on the top of the Gonal F pen.
5. Remove white cap off the needle.
6. Look in the black window on the end of the pen (there should be a '0').
7. Twist the red end of the pen till you can see your required dose in the black box.
8. Remove the green lid on the needle.
9. Pinch an inch of fat below your belly button.
10. Inject Gonal F at a 90 degree angle.
11. Push the red plunger all the way down and hold for 10 seconds.
12. Remove pen and look in the black window (it should read '0' if you have injected the full dose).
13. Replace the white cap on the needle and unscrew it off the pen.
14. Dispose of the needle into the sharps bin provided.
15. Replace the lid of the Gonal F pen and store as advised below.

Storage Information

Store Gonal F in the refrigerator. Do not freeze.

Store in the original packaging to protect from light.

Once opened, it may be stored at or below 25°C for a maximum for 28 days.

8. Cetrotide

What does it do?

Cetrotide blocks the effects of the natural hormone called gonadotropin-releasing hormone (GNRH). GNRH controls the secretion of another hormone called luteinising hormone (LH) which induces ovulation during the menstrual cycle.

Possible side effects:

- Mood swings.
- Hot flushes.
- Headaches/nausea.
- Vaginal dryness.
- Local irritation at injection site.

How to use Cetrotide:

1. Remove from packaging.
2. Remove blue cap from vial of powder.
3. Take pre-filled syringe of water and remove the cap.
4. Attach the yellow needle (larger needle) on the end of pre-filled syringe of water.
5. Pierce the grey bung with the needle and push all of the water into vial.
6. Once all the powder has completely dissolved, draw up all solution back into the syringe.
7. Remove the large yellow needle and dispose in sharps bin provided.
8. Attach on grey smaller needle.
9. With the needle pointing towards the ceiling, flick the syringe so that any air bubbles move to the top.
10. Push the plunger up so no air is in the syringe.
11. Pinch an inch of fat below your belly button.
12. Inject at 45 degree angle.
13. Push plunger down to administer Cetrotide.
14. Dispose of needle and syringe in to sharps bin.

Storage information:

Keep in the box in a dry cool place.

9. Pregnyl

What does it do?

Pregnyl is your final injection and is used to mature the egg within the follicle.

Possible side effects:

- Headaches.
- Feeling restless or irritable.
- Depression.
- Breast tenderness or swelling.
- Local irritation at injection site.
- Exacerbation of OHSS symptoms.

How to use Pregnyl:

1. Remove the two glass vials from the box.
2. The black dot on the bottle is the weakest point of the vial, flick this dot to make the neck of the vial weak.
3. Put your left thumb underneath the black dot and your right thumb above the black dot.
4. Firmly snap the top off the vial.
5. Repeat with the other vial.
6. Remove syringe and green needle from packaging.
7. Twist green needle on the end of syringe.
8. Put the needle into water and pull the plunger to draw up all the water.
9. Remove the needle from the bottle and put needle into the vial of powder.
10. Push all the water into the vial.
11. Leave to dissolve for a few seconds then pull plunger back to draw up dissolved drug.
12. With the needle pointing upwards, flick the syringe so that any air bubbles move to the top.
13. Twist off green needle and dispose in sharps bin provided.
14. Twist on orange needle and push plunger up to remove any air.
15. Pinch an inch of fat below your belly button.
16. Inject at 45 degrees and push plunger down to give yourself full injection.
17. Remove needle and dispose in to sharps bin.

Storage Information

Store in a refrigerator until it is time to administer the injection.

10. Buserelin

What does it do?

Buserelin is a drug that causes ovarian suppression. It works by acting on the pituitary gland in your brain to stop the production of natural hormones that control the release of eggs from your ovaries.

Possible side effects:

- Mood swings.
- Hot flushes.
- Vaginal dryness.
- Headaches.
- Nausea.
- Local irritation at injection site.

How to use Buserelin:

1. Remove Buserelin vial from the box.
2. Flick the blue cap off the lid (this does not need to be replaced afterwards).
3. Take out a needle from the pack you were given.
4. Remove the orange cap from needle.
5. Pierce grey bung of Buserelin with the needle.
6. Tip the vial upside down.
7. Pull down the plunger to just past your required dose.
8. Remove the needle from the vial.
9. With the needle pointing upwards, flick the syringe so that any air bubbles move to the top.
10. Pull the plunger down and push out the air, ensuring the top of the black plunger lines up with your required dose.
11. Pinch an inch of fat below your belly button.
12. Inject the needle at a 45 degree angle
13. Push the plunger to give yourself the whole injection.
14. Remove the needle and dispose of it in the sharps bin that you have been provided with.
15. Put the remaining Buserelin in the refrigerator.

Storage information

Buserelin needs to be stored in a refrigerator once opened.

11. Cabergoline

Ovarian hyperstimulation syndrome (OHSS) is a complication resulting from administration of human chorionic gonadotrophin (hCG) in assisted reproduction technology (ART).

Most cases are mild, but forms of moderate or severe OHSS appear in 3% to 8% of In vitro Fertilisation (IVF) cycles. Recently, Cabergoline has been introduced as a secondary prevention intervention for OHSS in women at high risk of OHSS who are undergoing ART treatment.

How to use cabergoline:

Cabergoline is a tablet. Please take as instructed.

12. Metformin

What does it do?

Metformin is prescribed during IVF treatment for people with Polycystic Ovary Syndrome (PCOS) or for those with a high ovarian reserve. The use of Metformin can help with egg quality and can help to reduce the risk of Ovarian Hyperstimulation Syndrome (OHSS).

Possible side effects:

- Diarrhoea.
- Nausea/vomiting.
- Abdominal pain.
- Loss of appetite.

Storage information

Keep Metformin in the packaging in a cool, dry place.

Please use this space to make your own notes:

[illegible]

No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Central Manchester site.

For advice and support on how to give up smoking, go to <http://www.nhs.uk/smokefree>.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxii boaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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