

Saint Mary's Hospital  
Division of Reproductive Medicine

# FERTILITY PRESERVATION BOOKLET

Patient Name

.....

**Please bring this booklet with you to each visit.**

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## RECORD CHART

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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.

## TRIGGER INJECTION

### Buserelin 2mls

Injection to be given at

.....hours

On: Day.....Date.....

For Buserelin trigger only – if prescribed please take  
your Cabergoline 2 hours earlier at:

.....hours

OR

### Gonassi 5000 IU

Injection to be given at

.....hours

On: Day.....Date.....

**NOTE:** Your egg collection is timed to be 34-36 hours after your Buserelin or Gonassi injection

## DAY OF EGG COLLECTION

Please report to ward 90 at 07:30am on the date given to you on the telephone.

### Please bring:

- Dressing gown
- Slippers
- Sanitary towels
- Something to read

### Don't forget!

- Nothing to eat or drink from 12 midnight the night before your egg collection. This includes NO chewing gum.
- If storing embryos your partner is to abstain from ejaculation for 2-4 days prior to the day of egg collection.

**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 276-6000 for advice or out of hours Ward 62 on 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:

Continue Cetrotide (and Letrozole if prescribed) for 1 week after egg collection

## FOLLOW-UP

Your telephone follow-up appointment has been booked for:

**Date.....**                      **Time.....**

NB. This is a telephone consultation – you do not need to attend the Unit

## Date Chemo completed:

**Approximately 9 months following the completion of your chemotherapy** we would like to re-assess your Ovarian Reserve. This will require a **scan** as well as an **AMH blood test**. To arrange this please telephone Dr Fitzgerald's Secretary on 0161 276 4297.

If she is unavailable please leave a message and contact number and she will get back to you. Dr Fitzgerald's Secretary will, at the same time, arrange a separate appointment for you with Dr Fitzgerald who will review your results and discuss future fertility options.

**Please note: follow-up is NOT automatic. It is your responsibility to contact the Unit to arrange.**

## Continued egg/ Embryo storage

If you or your partner are prematurely infertile, or likely to become prematurely infertile, you can consent to store your eggs or embryos for up to 55 years.

Please note that although you may have consented up to a maximum of 55 years on the HFEA forms, your medical practitioner will need to certify in writing that the medical criteria for premature infertility have been met for storage to continue for more than 10 years. When the criteria have been met, the storage period will be extended by 10 years from the date the criteria are met.

The storage period can then be extended by further 10 year periods (up to a maximum of 55 years) at any time within each extended storage period if it is shown that the criteria continue to be met.

**Therefore you must make sure that you are reviewed in clinic prior to the end of each storage period otherwise we will NOT be legally able to continue to store your eggs/embryos.**

We will send out reminders of when these appointments are due but in order for us to do this **YOU MUST** keep your contact details updated.

## 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

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

### Storage information

Keep in the box in a dry cool place



# 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

Ovarian Hyperstimulation Syndrome (OHSS) Signs/symptoms of this may 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

## How to prepare Menopur

- Remove the product from the box
- Open the top tray, which will contain pre filled syringes of water, a vial of powder and a needle
- Remove the powder vial from the tray
- Flick the blue cap off
- Remove the grey lid off the pre filled water and twist the orange needle on to the top
- Push the needle through the grey bung on the powder vial
- 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.
- The powder should all dissolve. If not completely dissolved, give the vial a gentle swirl. Do not shake.

## How to inject Menopur

- Take a needle from the large box
- Remove needle from the packaging and remove the clear lid
- Pierce the grey bung and tip the vial upside down
- Pull the plunger down just past your required dose (this is so you can remove some air bubbles.)
- Once you have drawn the solution up, pull the plunger down again and flick the needle (to remove the air bubbles.)
- Pull the plunger down once more and push up till the first black mark is on your required dose
- Pinch an inch of skin below your belly button
- Inject at a 45 degree angle

- Inject full dose
- Remove needle
- Dispose in sharps bin provided
- Put the remaining solution of Menopur in the cupboard for your next dose.

## Storage Information

The unopened box of Menopur needs to be stored in the refrigerator.  
Once Menopur has been mixed, it can be stored in a dark cupboard for up to 28 days.

## Further Information

For further information you can log on and watch a video on the following link:

<http://www.ferringforfertility.co.uk/fi/videos/1200UI.m4v>

<http://www.ferringforfertility.co.uk/fi/videos/600UI.m4v>

NB. A warning page will appear prior to video please click continue then open to view

**Please Note: Menopur is multidose meaning that each box can be used for more than 1 day**

## 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:

Ovarian Hyperstimulation Syndrome (OHSS) Signs/symptoms of this may 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

### 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 information

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.

## Buserelin

### What does it do?

Buserelin is your final injection and is used to mature the egg within the follicle. It works by acting on the pituitary gland in your brain.

### Possible side effects

This will be a single dose injection therefore unlikely to cause side effects. However it can cause:

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

### How to use Buserelin

- Remove Buserelin vial from box
- Flick blue cap off the lid (this does not need to be replaced afterwards)
- Take out a needle from the pack we provide you
- Remove orange cap from needle
- Pierce grey bung of Buserelin with needle
- Tip vial upside down
- Pull down plunger to just past your required dose
- Remove needle from vial
- With the needle pointing upwards, flick the needle so that any air bubbles move to the top of the syringe
- Pull plunger down and push out the air.
- Ensure that top of the black plunger lines up with the required dose on the syringe
- Pinch an inch of fat below your belly button
- Inject needle at a 45 degree angle
- Push plunger the give yourself the whole injection
- Remove needle and dispose in sharps bin
- Put Buserelin in the refrigerator

### Storage information

Buserelin needs to be stored in a refrigerator once opened.

**There may be some occasions when Gonassi is prescribed as an alternative to buserelin. If this is the case you will be shown how to use it.**

## 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.

## 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 to reduce the risk of Ovarian Hyperstimulation Syndrome (OHSS).

### Possible side effects

Diarrhoea  
Nausea/ vomiting  
Abdominal pain  
Loss of appetite

### How to use metformin

Metformin is a tablet. Please take as instructed

### Storage information

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

**If you experience any problems throughout your treatment please contact the nursing team on**

**(0161) 276 6000 and select option 2**

**This number is available Monday to Sunday inclusive 8am – 4pm**

**Out of these hours, if you require urgent advice, please contact Ward 62 - The Gynecology Ward on**

**(0161) 276 6204**

Please feel free to make your own notes here

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