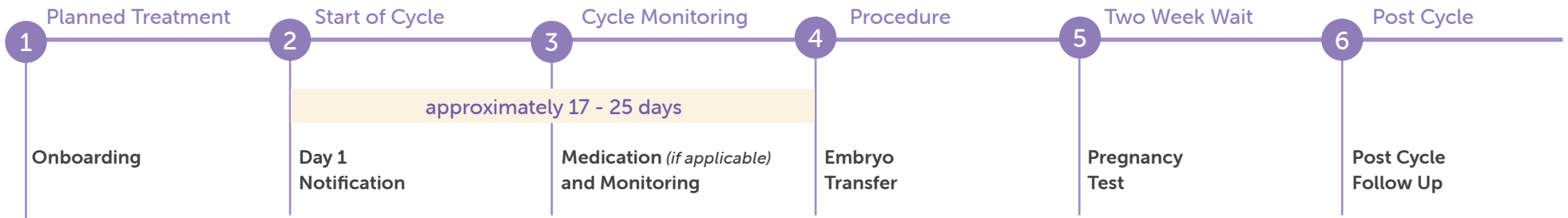


Your
cycle navigator

Queensland Fertility Group's guide to your Frozen Embryo Transfer Cycle



Your Treatment Cycle: What to Expect



What is the 'Cycle Navigator'?

The Cycle Navigator outlines the key stages and activities you'll likely undertake during your frozen embryo transfer cycle. It offers an overview of what to expect at each step and provides helpful resources along the way.

This is a general guide, and your individual journey may vary. Your dedicated care team will provide personalised instructions and support throughout your treatment and can answer any questions you may have.

How can we improve the 'Cycle Navigator'?

Have your say [here](#)

1 Planned Treatment

Onboarding



Your to-dos

- If you are eligible for a Medicare rebate, ensure you have a GP referral for the entirety of your IVF cycle.
- Ensure you have had a cervical screening test with your GP or Specialist and have had screening bloods to check for infectious disease.
- Discuss any medications you are taking with your care team to ensure they are considered in your treatment.
- Validate your identity and personal details with the clinic team.
- You will need to sign a consent form before starting your frozen cycle treatment. Your care team will advise you on how to do this.
- Begin taking an antenatal supplement containing folic acid if you are not currently taking one.



Things to consider

- ◆ Your cost estimate and financial consent will be emailed to you. If you would like clarification on the information in these documents, then please call us at the clinic.
- ◆ Some of your blood tests may be bulk billed if you are Medicare eligible. Your GP or Specialist should be able to advise.
- ◆ Your care team will discuss with you the use of any medication your Specialist has prescribed for you.
- ◆ Your mental health is important, consider touching base with one of our counsellors to help prepare for your IVF journey.

Links to further information

[IVF Costs and Fees](#)

[Meet our counsellors](#)



Payment milestones

- Full payment of frozen cycle prior to Day 1.

2 Start of Cycle

Day 1 Notification

Your to-dos

- Call or email your care team to notify them on the first day of your period.
- If you are taking medication on this cycle, wait until you have spoken with your care team before starting these medications.
- If you have not yet collected your medication, please do so.

Things to consider

- ◆ If your period starts outside business hours, please contact us on the next business day.
- ◆ If you are having intercourse during your IVF cycle, we advise that you use protection to avoid the chances of a multiple pregnancy.

3 Cycle Monitoring

Medication and Monitoring

Your to-dos

- Follow any instructions for beginning medication given to you by your care team.
- Attend any blood test or ultrasound appointments as advised by your care team. Prior to the ultrasound, empty your bladder.
- If you forget to take your medications, take them as soon as you remember and notify your care team.

Things to consider

- ◆ You may need approximately 3-4 visits to the clinic for blood tests and ultrasounds for monitoring purposes.
- ◆ After each appointment, your Specialist will review the results. If your treatment is updated, your care team will contact you.
- ◆ Blood tests and ultrasound scans will help your Fertility Specialist determine when it is the right time for your embryo to be transferred back to you. Your care team will keep you informed about how you are progressing along the way.
- ◆ The time frame for this cycle is very variable. Expect to have your embryo transfer between day 17-25 of your cycle.
- ◆ your Fertility Specialist may want you to take a trigger injection on this cycle. This can help to determine when it is the right day to have your embryo transfer. Your care team will give you instructions on when to take this injection.

Links to further information

[Medication Videos](#)

Embryo Transfer

Your to-dos

- Arrive for your embryo transfer at the time allocated to you by your care team.
- Ensure you have a full bladder for this procedure as this helps with better visualisation when using an ultrasound and also helps keep the uterus in a more accessible position.
- Avoid perfumes, scented lotions, and deodorants, as embryos are sensitive to chemicals and smells.
- Continue on any prescribed medication, as well as your progesterone medication, as it will help support the uterine lining and early pregnancy.

Things to consider

- ◆ It is not necessary to rest after your embryo transfer; however, some people prefer to have this day off work. If you are unsure, contact your care team for guidance.
- ◆ You are not required to have a partner or support person in attendance with you; however, they may be present if you wish.
- ◆ Avoid hot baths and saunas until you have had your pregnancy test, as high temperatures could interfere with embryo implantation.

Links to further information

[Video - How to prepare for embryo transfer day](#)

Payment milestones

- Day surgery payment on the day.

Pregnancy Test

Your to-dos

- Attend a pregnancy blood test, as advised by your care team.
- Expect a call from a nurse on the same day as your blood test to discuss your results. The results may take an extra day to come back to us if you are a regional patient.

Things to consider

- ◆ We encourage you not to do a home pregnancy test as these are not as accurate and do not provide as much information as a blood test during IVF.
- ◆ Your period may start around the time your pregnancy test is due. If you have mild spotting, it is important you continue on your progesterone medication and attend your pregnancy blood test. If the bleeding is heavier than spotting, please get in touch with your care team for advice.
- ◆ It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.

Links to further information

Video: Coping with the 2-week wait

Blog Post: Taking a pregnancy test and the tell-tale signs you're expecting

6.1 Post Cycle Follow Up

Your to-dos

Negative Pregnancy Test

- Follow any medication instructions that your care team has given you.
- If you wish to discuss your frozen embryo transfer cycle and potential next steps, schedule a follow-up consultation with your Fertility Specialist.

Positive Pregnancy Test

- Follow any medication instructions that your care team has given you.
- Your care team will inform you when and where to go for your first ultrasound scan, which is generally done at around 7 weeks gestation.

Things to consider

Negative Pregnancy Test

- ◆ It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.
- ◆ Some people may feel ready to go straight into another cycle; others may choose to take a break. Take a moment to consider what is right for you.
- ◆ Continue to store any leftover medications as instructed, in case you can use them in a future cycle.

Positive Pregnancy Test

- ◆ Take time to acknowledge the positive result and celebrate this significant step forward.
- ◆ It is natural to feel a mix of emotions, so give yourself time to process how you feel and reach out to your loved ones or our counsellor for support.
- ◆ Your care team is still available to help you with any questions or concerns during these early weeks of pregnancy. Reach out to them at a time that is convenient for you.

Payment milestones

- Expect Medicare Rebate around about this time. We will submit it to Medicare on your behalf.

Support Details

BRISBANE LOCATIONS:

Everton Park
(07) 3015 3193

Watkins Medical Centre
(07) 3015 3195

Wharf St
(07) 3015 3000

Cairns
(07) 4034 0900

Gold Coast
(07) 5564 8455

Gympie
(07) 5437 7244

Hervey Bay
(07) 5437 7244

Mackay
(07) 4977 5151

Sunshine Coast
(07) 5314 3500

Toowoomba
(07) 4638 5243

Townsville
(07) 4772 8900



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