

There are three different regimes used to block the release of the reproductive hormones. They are as follows:

1. The GnRH agonist (Nafarelin) long regimen

- Day 21 of menstrual cycle: start Nafarelin nasal spray (continued until HCG injection)
 - ↓ approx 2 weeks later
- Ovarian stimulation with FSH injections (continued until HCG injection)
 - ↓ approx 9-14 days later
- HCG injection (to mature the eggs)
 - ↓ 36 hours later
- Egg collection *
 - ↓ 2, 3, or 5 days later
- Embryos put back into the womb
 - ↓ 2 weeks later
- Pregnancy test

- *Starting on the day of egg collection, you will take a daily dose of Progesterone (to prepare the lining of the womb), which is taken in the form of pessaries inserted into the vagina. These should be taken daily up until the pregnancy test. If the test is positive, the pessaries should be continued until the 8th week of pregnancy.
- *The approximate duration of this treatment regimen (from the start of Nafarelin until the pregnancy test is performed) is 6 weeks.*

2. The GnRH agonist (Nafarelin) short regimen

- Day 2/3 of menstrual cycle: Start Nafarelin nasal spray (continued until HCG injection)
- Day 3/4: Ovarian stimulation with FSH injections (continued until HCG injection)
 - ↓ approx 9-14 days later
- HCG injection (to mature the eggs)
 - ↓ 36 hours later
- Egg collection *
 - ↓ 2, 3, or 5 days later
- Embryos put back into the womb