

days of cycle

1
2
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28

Menstruation

LH Testing

The Waiting Weeks

This is the first day of your menstruation with clear/bright red blood (full flow).
Mail to info_mckinderwens@tfp-fertility.com to inform us with the first day of your period.

The doctor will inform you when you should start testing (with a regular cycle it will be day 9 or 10).

LH testing

TEST BETWEEN → MAIL BEFORE
06.00 and 09.30 hrs → 10.00 hrs
13.00 and 16.00 hrs → 16.30 hrs
21.00 and 23.30 hrs → 24.00 hrs

- Always use the pink Clearblue test
- Test daily at the same time
- Don't drink extra
- Test 1 or 2 times a day
- Don't pee for 4 hrs

TEST POSITIVE:

mail asap the positive testform to:
positivetest_mckinderwens@tfp-fertility.com

IUI treatment is scheduled

We try to schedule your treatment within 24 hours after your positive LH test.

- ID with you
- Full bladder
- When you use a Clinicdonor keep in mind that you will have to pay the invoice at the desk before the treatment.

- Right after the treatment you can go to the toilet.
- The day of the treatment **DON'T use the sauna** and **NO swimming** or **taking a bath**

When your LH test is negative for 6 days:

call +31 71 5812300 to plan an ultrasound scan!

What can you expect:

- Mild cramp
- Light blood loss, do NOT use tampons during the waiting weeks, unless your period has started.
- You can do sports / take the plane
- Stick to the pregnancy diet

Would you like to talk to someone?

Mail IUI_mckinderwens@tfp-fertility.com or call +31 71 5812307 mo-fr 9-17

Outside office hours

Do you have severe cramps and blood loss and/or are you seriously concerned? Then for REALLY URGENT matters that CAN'T WAIT call (outside office hours) to: **+31 6 25257420**

Pregnancy Test

Take a pregnancy test 14 days after your IUI treatment. Even if your period has started.

Positive!

Call +31 71 5812300
The 7 weeks ultrasound scan will be scheduled
(= 5 weeks after your IUI treatment)

NEGATIVE:

Mail the result to info_mckinderwens@tfp-fertility.com
Inform us with the first day of your period

Do you want to talk to someone?

Mail IUI_mckinderwens@tfp-fertility.com or call +31 71 5812307

EVALUATION MOMENTS:

After the 3rd IUI treatment you will receive an evaluation form to fill in

After 6th or 9th IUI treatment evaluation with doctor 30 min online or at the clinic

Call +31 71 5812300 and schedule the evaluation