

Getting Your Body Ready to Support a Pregnancy

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Plus 10 weeks	
Fill in date starting with first day of period																																
Clomiphene Citrate (Clomid)			■	■	■	■	■																									
Estrogen (oral Estradiol)								■	■	■	■	■	■																			
Intercourse								■	■	■	■	■	■	■	■	■																
Prometrium 200mg @ night																	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Pregnancy Test																																■
Ultrasound Follicle Check								■	■	■	■	■																				
Ovulation Predictor Kits									■	■	■	■	■	■	■																	

1. The first day that you bleed is the day 1 of cycle (up to day 33 → see rule #4)
2. Take Clomid on days 3-7 and Estradiol on days 8-12 (**only if prescribed, these may not be applicable to some patients).
3. Finish all 12 days of Prometrium even if you bleed, then day 29 is day 1.
4. If you don't bleed by day 33, then day 29 was day 1 → start schedule again and ignore any bleeding.
5. Schedule an ultrasound for follicle check on days 8-11.
6. Check a pregnancy test only once per 48 hours (any sooner is a waste of money).