



Advice

for dealing with problems outside of clinic hours



YOUR FERTILITY FAMILY

My period has started

What has happened?	What should I do next?	When should I contact the clinic?
<p>WEEKDAY</p> <p>You are Day 1 of your period bleeding and would like to get started with your treatment.</p>	<p>If full flow bleeding commences after 3pm, please call or email your nursing team the following morning to notify of your day 1.</p>	<p>Call the clinic on 9473 4444 the following morning and the nurses will advise the next steps.</p> <p>Note: If you are expecting your Day 1, we encourage you to call a week prior to ensure all your requirements are completed and that you are ready for commencement.</p>
<p>WEEKEND</p> <p>You are Day 1 full flow bleeding (not spotting) and are wishing to start IVF.</p>	<p>If full flow bleeding happens on Saturday before 3pm please call the clinic as soon as possible. Be mindful, we close at 3:30pm on Saturdays and if needing to collect medications you will need to give yourself enough time to travel into the clinic. If full flow bleeding happens after 3pm, please call us Monday morning.</p>	<p>Please call rather than email the clinic on 9473 4444 the next business day and the nurses will advise the next steps.</p> <p>Note: If you are expecting your Day 1, we encourage you to call a week prior to ensure all your requirements are completed and that you are ready for commencement.</p>

Medication

What has happened?	What should I do next?	When should I contact the clinic?
<p>Insufficient Stimulated Cycle Medication including follicle stimulating hormone (FSH), antagonist, and agonist</p> <p>Examples include: Gonal F, Ovaleap, Pergoveris, Puregon, Bemfolia, Rekovelle, Menopur, Cetrotide, Orgalutran, Synarel, Zoladex, Decapeptyl</p>	<p>If you feel there is not enough for the next dose or the weekend, please call the clinic during business hours for your nurse to arrange more medication.</p> <p>Please be mindful the clinic doors will close at 5pm on weekdays and 3:30pm on Saturdays. If you need to collect more medication, please allow yourself enough time to travel into the clinic prior to our closing hours.</p> <p>If you are not located in metropolitan Melbourne, please ensure you allow 3 business days to organise medication refills.</p>	<p>Call the clinic the following business day.</p> <p>Phone: Weekdays 7am – 4:45pm Saturdays 7:30am – 3:00pm</p> <p>Clinic doors: Weekdays 7am – 5:00pm Saturdays 7:30am – 3:30pm</p>
<p>No Trigger injection available or injection faulty.</p> <p>Examples include: Ovidrel, Decapeptyl, Choriomon, Brevactid</p>	<p>It is important that you give your trigger at the time you have been advised by nursing team.</p> <p>If you have forgotten to give your trigger at your allocated time. Please give your trigger as soon as you remember – no later than midnight. Please ensure you call nursing team next day to advise.</p>	<p>Contact the clinic as soon as possible – if you realise you do not have your trigger injection. Please contact your nurses on the next possible day if you were unable to give your trigger injection at the correct time or you forgot to give your trigger injection.</p>
<p>Insufficient progesterone pessaries or progesterone medications.</p> <p>Examples include: Crinone, Oriprio, Utrogestan, Endometrin, Cyclogest, Prolutex.</p>	<p>If you have a script, you may be able to locate a 24hr pharmacy.</p>	<p>Contact the clinic to arrange collection from a MIVF pharmacy or network clinics on the next business day.</p>

<p>I forgot to take my medication at the time that the nurse instructed me to.</p>	<p>You will not be required to take two doses the following day if you forget. Take the medication as soon as you remember, and then return to your normal pattern the following day.</p>	<p>Contact the nurses the following day to let them know.</p>
<p>I'm still not sure about taking medication.</p>	<p>You may refer back to the educational links in your cycle information email to watch videos about your medication administration. You can also find similar videos on YouTube.</p> <p>If you are concerned about pain during injection, please talk to your nurse in advance. They can suggest strategies and aids that will help.</p>	<p>Please contact your nurses first thing the following morning if you were unable to perform your own injections.</p>
<p>I am feeling unwell after I have taken my medication.</p>	<p>Some medications can cause light nausea after taking them for a few days, particularly the tablets that contain oestrogen. It is important to take any oestrogen medication with meals.</p> <p>Orgalutran can sometimes sting and leave a red mark around the injection site. There is no need to contact nurses unless you also have other side effects.</p> <p>If you have any severe reactions to medication including rash, itching or facial swelling please report to the emergency department immediately.</p>	<p>If you have a serious reaction (facial swellings/ shortness of breath/ severe body rash) to medications call 000 or go to your local emergency department.</p> <p>For mild symptoms, let your nurse know the following day.</p>
<p>I am concerned about other symptoms that I am experiencing?</p>	<p>If you experience consistent symptoms of severe bloating, shortness of breath, vomiting or diarrhea during or after your treatment, you may be suffering from Ovarian Hyperstimulation Syndrome. Proceed to your local emergency department or call 000.</p> <p>Other potentially serious issues include severe pain on either side of the pelvis or lower back that is continuous and not resolved by pain relief or continuous heavy bleeding.</p>	<p>When you are able, please contact your nurses to inform them that you have attended emergency department.</p>

The two week wait

What has happened?	What should I do next?	When should I contact the clinic?
<p>I have begun to bleed before my pregnancy test is due.</p>	<p>Bleeding is likely to be your period and unfortunately could mean this cycle has not been successful. In a small number of cases bleeding can occur during pregnancy, so it is important to continue your prescribed medications and attend your blood test.</p> <p>As bleeding does not always mean it's a period, it is important to continue taking your progesterone and all other medications as prescribed by your fertility specialist as listed on your treatment schedule. The nursing team will advise you further about your next steps</p>	<p>Please let the nurse know the following business day. Your nurse will ask that you attend for a blood test as planned.</p>

<p>I'm feeling anxious about the result, and I can't stop thinking about it.</p>	<p>It's completely natural to feel a sense of anticipation and nervousness leading up to your pregnancy test. To help manage those feelings, try to keep your mind occupied with work or other enjoyable activities.</p> <p>Additionally, continue focusing on maintaining a balanced, nutritious diet to support both your physical and emotional well-being. Don't forget to prioritise rest, ensuring you're getting enough sleep to help you feel grounded during this time.</p> <p>Taking care of yourself in these ways can help ease the wait and promote a sense of calm as you approach the test.</p> <p>Mindfulness Apps can be useful:</p> <ul style="list-style-type: none"> ◆ Smiling Mind ◆ Headspace ◆ Calm <p><u>Mental Health and telephone and online services</u></p>	<p>Supportive counselling can be arranged through the clinic.</p> <p>For urgent after hours support phone Lifeline 13 11 14 or present to your local Emergency Department.</p> <p>Call triple zero (000) and ask for an ambulance immediately if someone is in danger of harming themselves or others.</p>
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For further supportive resources refer to last section

Pain or bleeding after your OPU procedure

What has happened?	What should I do next?	When should I contact the clinic?
<p>After Egg Collection – Mild to Moderate.</p>	<p>Paracetamol (Panadol or Panadeine are acceptable) and use a heat pack. Avoid Nurofen and anti-inflammatory medication unless you have been advised otherwise.</p>	<p>If pain is severe or out of hours, please go to your local emergency department.</p>
<p>After Egg Collection – Severe.</p>	<p>If pain is not controlled with Panadol or Panadeine and this occurs after 5pm and/or you are soaking a sanitary pad 3 times within an hour, please present to your nearest Emergency Department and state that you are undergoing IVF treatment.</p>	<p>Report any trips to the emergency department and your nursing team the following business day.</p>

Pain or bleeding at other times

What has happened?	What should I do next?	When should I contact the clinic?
<p>Pain prior to your OPU procedure while using FSH/ Agonist/Antagonist medication.</p>	<p>If you are feeling very bloated and/or constipated, try to increase your fluid intake and reduce your activity levels. It is safe to take Paracetamol.</p>	<p>Call the clinic nurses between Weekdays 7am – 4.45pm Saturdays 7:30am – 3pm</p>
<p>After positive pregnancy test +/- moderate to heavy bleeding.</p>	<p>Light bleeding - please monitor and call the clinic the next business day. Heavy bleeding/pain - present to your nearest Emergency Department.</p>	<p>Call the clinic nurse between 7am and 4.45 pm on weekdays. Saturdays 7:30am – 3pm.</p> <p>Heavy bleeding/pain - present to your nearest Emergency Department.</p>

Bleeding during IVF treatment cycle.	Light bleeding following a procedure is normal. All other times please call the clinic during business hours.	Light bleeding following a procedure is normal. All other times please call the clinic during business hours.
Bleeding on the pill.	'Spotting' on the pill is not uncommon.	Not necessary to report unless it is heavy or ongoing.

Results

What has happened?	What should I do next?	When should I contact the clinic?
<p>You have not heard from a nurse following your day 2 blood test</p> <p>OR</p> <p>You are awaiting further instructions post monitoring blood test or ultrasound.</p>	<p>Some hormone level tests take longer to receive and may be pending with the lab by close of business. If you have not heard from a nurse by 5pm the same day you will be contacted the following day.</p> <p>Do not start on medication unless instructed. If you are on medication, please continue same dosages until a nurse has been in touch with you.</p>	<p>Contact us the following day to follow up your results and next steps</p> <p>The nursing team will prioritise a return call.</p>
<p>Awaiting further instructions post 6 or 7 week pregnancy scan report.</p>	<p>Your scan report will go to your Fertility Specialist and they will let you know the next steps.</p> <p>Please note, each Fertility Specialist has their own way of looking after you in early pregnancy.</p>	<p>If you have not heard from your doctor or have questions or concerns, please phone the clinic between 7am and 4.45pm on weekdays. Saturdays 7:30am – 3pm.</p>

Extra Support, including Counselling

What has happened?	What should I do next?	When should I contact the clinic?
<p>I'm looking for extra support.</p>	<p>Consider our supportive counselling services. The link below will take you to over 20 supportive services via the Department of Health:</p> <p><u>Mental Health and telephone and online services</u></p>	<p>Supportive counselling can be arranged through the clinic.</p> <p>Call the clinic nurse between 7am and 4.45pm on weekdays. Saturdays 7:30am - 3pm.</p> <p>For urgent after hours support phone Lifeline 13 11 14 or present to your local Emergency Department.</p> <p>Call triple zero (000) and ask for an ambulance immediately if someone is in danger of harming themselves or others.</p>