

hMG Ovulation Induction Treatment

What is hMG ovulation induction?

A daily injection of Gonadotrophins (hormones) to stimulate the ovaries to grow an egg and ovulate (release the egg). The treatment is used for women who do not ovulate regularly and have not responded to Clomiphene / Metformin treatment. Success requires timing intercourse to take place when ovulation occurs.

Planning the treatment

You will be seen in the fertility clinic to discuss the treatment in detail and sign a consent form prior to starting treatment. We will arrange a second appointment for you to learn how to give your own injections at home.

Starting the treatment

As your periods occur infrequently or not at all you will need to take some Medroxyprogesterone 10mg (Provera) tablets to give you a withdrawal bleed. The tablets are taken twice a day for 7 days. The bleeding normally happens 2-10 days after **stopping** the tablets. If no bleed occurs please telephone the Fertility Clinic.

The day your period starts is **day 1** of the treatment cycle. You must ring the Fertility Clinic on this day and we will advise when your first injection will be. If your period starts over the weekend, leave a message on the answerphone and the nurse will call you back on Monday. You will have a drug regime sheet that is individual to you. As the treatment progresses, the sheet will need to be updated with the exact dates for injections, blood tests and scans. **Throughout your treatment cycle you will need to keep your copy of the drug regime sheet with you at all times.** This shows anyone that needs to know, what medication you are taking, and the dose. When you attend the clinic, we will need the drug regime sheet to write in any alterations of medication dose, scan dates, etc.

Human Menopausal Gonadotrophin (hMG) - Menopur.

The injections are administered daily, at approximately the same time of the day. The injections can continue for between 12 to 30 days depending on ovarian response.

Monitoring of Treatment Cycle

A blood test will be required after 7 days of injections. You will need to attend the Womens Health OPD at Peterborough City Hospital between 08:00hrs - 09:00hrs for this. The Fertility Clinic will contact you later in the day to advise the next stage of treatment – either continuing on the same dose of medication, increasing or decreasing medication or an Ultrasound scan will be arranged. The blood tests and USS will reveal how many follicles (eggs) are growing. We allow up to 3 eggs to grow to maturity. While this increases the risk of multiple pregnancies, it also increases the chances of success.

Ovarian Hyperstimulation Syndrome (OHSS)

This is a rare condition where too many follicles grow and can cause abdominal discomfort, abdominal swelling, nausea, and rarely difficulty in breathing. If any of these symptoms occur you should contact the Fertility Clinic (01733- 673750) or the Emergency Gynaecology Assessment Unit (01733-673758). We will closely monitor your treatment cycle with blood tests and Ultrasound scans to allow for early detection of complications which can usually be avoided by cancelling your treatment cycle if too many follicles (more than three) are growing.

The chance of conception in each treatment cycle is 15-20%. Around 80% of women treated with ovulation induction treatment will conceive.

Human Chorionic Gonadotrophin injection (hCG 10,000 iu)

hCG is a hormone injection that triggers ovulation. Regular sexual intercourse will be advised around ovulation. The hCG injection will only be given if there are 1, 2 or 3 dominant follicles present and is given in exactly the same way as the hMG injections. Seven days after the hCG injection a blood test will be required to measure the progesterone hormone to confirm ovulation.

The outcome of treatment

At the time of the hCG injection you will be advised of an approximate date to expect a period (about 2 weeks from the predicted time of ovulation). If a period has not commenced by this date you will need to do a pregnancy test at home with an early morning urine sample. **Please contact the Fertility Clinic if you have a positive pregnancy test or if your period arrives.**

If you have any questions whilst having treatment please ring the Fertility Clinic Tel: 01733 673750 or Fertility secretaries office - 01733-673767.

In an emergency please contact the Emergency Gynaecology Assessment Unit - 01733-673758.