

THE
IVF
PLANNER

CHRONICLING YOUR UNIQUE JOURNEY
TO PARENTHOOD



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CYCLE JOURNAL



Important Clinic Contact Info

CLINIC NAME _____

ADDRESS _____

SCHEDULING PHONE _____

BILLING PHONE _____

EMAIL _____

Provider Info

NAME

ROLE

CONTACT

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

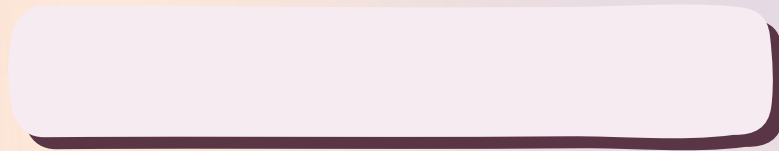


IVF Plan & Protocol

Cycle Number



Protocol Type



Notes

A large white rounded rectangle with a dark outline, intended for Notes.

Financial Tracker

Item

Amount

Paid



Monthly Calendar

S

M

T

W

T

F

S

CD____

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ToDo

Three horizontal rounded rectangular input fields for listing tasks.

Notes

A large rounded rectangular box for taking notes.



Weekly Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes



Medication & Supplements

Medication

Instructions

Notes



Medication Tracker

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MED NAME: _____

DOSE: _____ AM / PM

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Appointment Overview

DATE _____ TIME _____ LOCATION _____

- CONSULT
- MONITORING
- RETRIEVAL
- BLOODWORK
- PROCEDURE
- ULTRASOUND
- TRANSFER
- OTHER

QUESTIONS/CONCERNS BEFORE APPT:

FOLLOW UP INSTRUCTIONS:

Follicle Check

CYCLE DAY	LINING	RIGHT		LEFT		NOTES
		#	SIZE	#	SIZE	



Egg Retrieval

DATE _____ CHECK IN TIME _____ PROCEDURE TIME _____

QUESTIONS/CONCERNS BEFORE APPT:

POST OP INSTRUCTIONS:

Results

NUMBER RETRIEVED

NUMBER FERTILIZED

NUMBER BLASTS

SENT FOR TESTING

EUPLOID

MOSAIC / ANEUPLOID



FET Appointment Overview

DATE _____ TIME _____ LOCATION _____

CYCLE DAY

LINING

ESTROGEN

PROGESTERONE

NOTES

--	--	--	--	--

Ultrasound Notes

QUESTIONS/CONCERNS BEFORE APPT:

FOLLOW UP INSTRUCTIONS:



Transfer Day

Today I dream of...

QUESTIONS/CONCERNS BEFORE TRANSFER:

FOLLOW UP INSTRUCTIONS:



What Happens Every Day

AFTER A DAY 5 EMBRYO TRANSFER?

1dpt

THE BLASTOCYST IS FORMED AND REMAINS FREE FLOWING

2dpt

THE BLASTOCYST MAKES CONTACT WITH A RECEPTIVE LOCATION IN THE UTERINE LINING

3dpt

THE BLASTOCYST STARTS TO BURROW INTO THE UTERINE LINING BY DIGESTING ENDOMETRIAL CELLS

4dpt

THE OUTER CELLS REACH OUT TO FORM LINKS WITH THE PREGNANT PERSON'S BLOOD SUPPLY

5dpt

BY THE 5TH TO 7TH DAY OF DEVELOPMENT, THE BLASTOCYST IS FULLY IMPLANTED, AND HCG BEGINS TO SECRETE

6dpt

CELLS FROM THE PLACENTA GROW DEEP INTO THE LINING OF THE UTERUS, ESTABLISHING A RICH BLOOD SUPPLY

7dpt

LEVELS OF HCG CONTINUE TO INCREASE. WHILE UNLIKELY FOR MOST, A HOME PREGNANCY TEST MAY WORK AS EARLY AS DAY 7

8dpt

LEVELS OF HCG CONTINUE TO INCREASE, DOUBLING EVERY 2 DAYS

9dpt

LEVELS OF HCG ARE LIKELY HIGH ENOUGH TO BE DETECTED BY A HOME PREGNANCY TEST

10dpt

HCG BETA DAY! BABY DUST, MAMAS!



Symptom Tracker

HOW YOU FEELIN', MAMA?

1dpt

2dpt

3dpt

4dpt

5dpt

6dpt

7dpt

beta:

8dpt

beta:

9dpt

beta:

10dpt

beta:

11dpt

beta:

12dpt

beta:

13dpt

beta:

14dpt

beta:



