



## Ovulation Induction

### Instructions:

1. Take **Provera** 10mg daily as directed. You will have a menstrual cycle approximately 2-3 days after you **finish** the medicine.
2. The first day you have any bleeding is **Day 1** of your cycle.
3. On **Day 5**, begin **Clomid** and take daily for 5 days.
4. **Days 10-20**, have unprotected sex every other day.
5. On either **Day 21 or 22 or 23**, come by the office for blood test.
6. The day after the blood test our office will contact you with the result and schedule a follow up appointment.

### Notes:

- If you have a menstrual cycle prior to the scheduled appointment, please call the office and notify the nurse. This usually means ovulation occurred but pregnancy did not. Begin counting again from Day 1 on the day the cycle starts (The first day of any bleeding is **ALWAYS** Day 1).
- Call the office if you have any questions.
- Please keep a pocket calendar with details of all of the above events. Bring this to every appointment.