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.