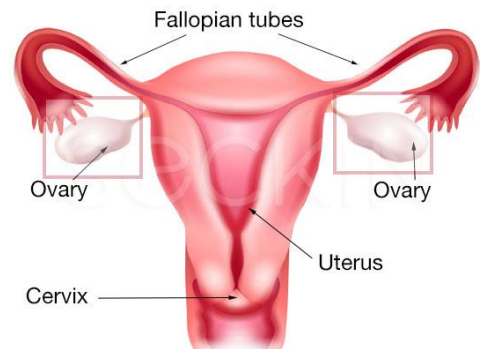


Letrozole (Femara)

Ovulation Induction Calendar

How It Works

Letrozole is an oral fertility enhancing medication for patients with ovulatory problems (such as failure to ovulate or inconsistent ovulation). Some patients with ovulation difficulty have other medical conditions that require specific therapy. Letrozole is offered to patients who have no known medical condition hindering ovulation and to patients whose medical treatment by itself fails to stimulate ovulation. Some terms for ovulation dysfunction are: PCOS (polycystic ovary syndrome), anovulation, irregular ovulation, luteal phase deficiency, and progesterone deficiency.



Evaluation		DAYS					
1) Semen analysis 2) Progestin Challenge/OCP course	3) Labs: CBC, TSH, Prolactin, A1C, AMH 4) Imaging		1 FIRST day of bleeding	2	3 Letrozole	4 Letrozole	
5 Letrozole	6 Letrozole	7 Letrozole	8	9	10 <i>Intercourse</i>	11	
12 <i>Intercourse</i>	13	14 <i>Intercourse</i>	15	16 <i>Intercourse</i>	17	18 <i>Intercourse</i>	
19	20 <i>Intercourse</i>	21	22 Progesterone Lab Draw	23	24	25	
26	27	28	29	30	31		

1. The FIRST day of each period (either spontaneous or induced by a progestin challenge of Provera 10mg/daily for 10 days) is called day ONE.
2. Letrozole is taken every day from days 3-7. The dose of Letrozole is 2.5-7.5 mg depending on your cycle.
3. Ovulation should occur between days 12-18 (so please have intercourse beginning around day 10 and don't skip two days in a row through at least day 20). Use an ovulation test kit to improve the accuracy of your ovulation estimate.
4. In the first cycle of Letrozole, you should have a blood progesterone level drawn on day 21, 22, or 23. **We will call you with results and follow up information.**
5. If you get an excellent response from Letrozole (ovulation AND excellent progesterone level) we'll continue Letrozole for 3-4 cycles.
6. However, we know that not everyone will be successful with Letrozole. If this is the case, we can place a referral to Reproductive Endocrinology for the next steps.
7. If you develop severe abdominal pain, you'll need to come into the office for an examination.
8. Side effects of Letrozole are usually temporary but can include hot flashes, breast discomfort, nausea, vomiting, headache, or visual disturbances. The risk of twins is 3-4% when you conceive on Letrozole.