

Our TTC Journey October 2007



Fertility Specialists Medical Group, Inc.

I had to take Provera to induce my periods. This made it possible to accurately time my cycles. I scheduled an appointment with FSMG to get reacquainted and get prepared for the next cycle. I learned that Dr. Katz had left the practice, but that I would now be meeting with Dr. Lindheim. I showed him all of the blood work that had been done, and he agreed that I had PCOS, but could offer no cause for it. He just advised me to eat like I had been (low GI index, no sugar), and we agreed on a treatment regiment. I would take Femara (Letrozole) 5 mg per day, and be monitored for follicle development. When the time was right I would self administer an Ovidril injection and have the IUI a few hours later.



Cycle Day 1 – October 3rd

Dr. Lindheim needed to do an ultrasound between cd3 and cd5 to make sure that I wasn't pregnant, and to make sure I didn't have any cysts or polyps. So I got that ultrasound done on Friday October 5th. All looked great, and I got the prescription for Femara. I would take it on Sunday the 7th to Thursday the 11th. My first follicle study was on October 15th (cd13).

Oct 15th – I had several follies all under 10mm. I was to come back Friday.

Oct 19th – I had one follie in my right ovary at 10mm. They grow 1.5 – 2mm per day

Oct 21st – I was supposed to go into the doc's office but all of Southern California was on fire. My appointment was rescheduled for tomorrow.



Oct 22nd – The 15 freeway was still closed. The appt was again rescheduled.

Oct 23rd – The 15 freeway was open, but it was so smoky in the area that the visibility was very bad. They said the follicle is ready, and scheduled my IUI appointment for Friday at 1pm. Their instructions were that we could have sex that evening, but after dinnertime of the night of the 24th he had to abstain. Before heading home we had to pick up the pre-filled Ovidrel syringe at the pharmacy. Then we had a nice afternoon.

Our offices were closed this week due to the fires. So Naren and I got to spend a week together, playing Nintendo Wii (his birthday present). My nurse mentioned my Ovidrel trigger had to be administered 36 hours before the IUI appointment. So on Thursday morning at 1am, I had Naren give me my shot, as I couldn't do this to myself. Then we went to sleep.





And Thursday we were off too, because we were all still burning. But we couldn't have relations on Thursday, so we ran errands and kept ourselves busy.

Then we woke up Friday the 26th morning, and went to the FSMG office

Naren had to give his sample at the FSMG office no later than 11am on Friday morning. So he went into their room, and produced the sample, and he had to sign some paperwork saying that he wrote his name on the cup and the nurse verified that he was the name on the cup. Then we went for lunch, and came back around 12:30.

I went into the room, undressed from the waist down, and they had me get up on the table. They showed me the 2 cc's of liquid they were going to inject into my uterus. It was his live sperm in a "speed for sperm" medium. Apparently you can't put semen in the uterus. It'll cause cramping. So they use this pink speed-for-sperm fluid and it makes the little guys swim longer and faster! They went over with me facts about his sample ... his count and other specifications. He produced 40million sperm with 82% motility. This was a great improvement from his initial analysis done in March. I had to verify the name on the sample.

Then the doc came in, inserted the speculum, and guided the ultrasound wand so that I could see the front of my uterus. He guided the syringe (which basically was a needle-less syringe with a loooooong catheter - angle hair pasta size in girth - and he threaded the catheter through my cervix opening. That's a couple inches apparently. It didn't hurt, it felt like a mild cramp, but it only lasted 15 seconds or so. Then he positioned the catheter near the entrance to the fallopian tube, and released the sample into the uterus. It was so amazing, you could actually see them going into the uterine cavity.

Then he pulled the catheter out, removed the speculum, and I lied there on the table for 10 minutes. Naren and I talked about nothing in particular, I just was required to lie there.

The doc's homework was for us to have lots and lots of sex (1 x every 18 hours) for the next few days. Although his sample put 40 million into my uterus, any additional BD couldn't hurt our chances.

And then before leaving they scheduled the blood test (because apparently POAS tests aren't always reliable) for no sooner than 14 days past the IUI date. Since the 14th day, which is Friday the 9th, doesn't work for me, I scheduled the test for Monday the 12th rather than Friday the 9th.



The next two weeks (the two week wait – 2ww) went by pretty fast. I wasn't feeling any symptoms at all. I had posted on soulcysters with other women who were also in their 2ww and they were getting all sorts of symptoms. I did testing November 5 – 8th, but got negatives with home tests. My period arrived November 8th, 2007. I called FSMG to schedule another cycle ultrasound and to cancel my blood work appointment originally scheduled for November 12th.