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**Induction of Ovulation with Femara – Guidelines**

You should maintain a count of your days in the monthly cycle

The first day of your menstruation will be considered day 1.

Please record the dates of events listed in this guideline in a diary.

1. If instructed, use progesterone as to induce your period.
2. On day 1 of your cycle call Dr. Ronen's nurse/staff at (713) 464-4444 to notify the date your period began. You will be given 2 appointments, one of these is for blood work and the second is a follow up appointment in the office.
3. On days \_\_\_\_ through \_\_\_\_ of your cycle, take \_\_\_\_ tab/s of Femara \_\_\_\_ mg by mouth.
4. On days 10-20 of your cycle you should have intercourse every other day. Disregard this guideline if you use ovulation kits.
5. During days 20-25 (typically on day 21) you will have an appointment for blood work. This will be done at your designated lab and you do not have to come for an office visit on that date.
6. You will have a follow up appointment in the office 1-2 weeks after your blood work.

Good Luck!

Dr. Ronen and staff