

Medication

The stimulation medications required for egg freezing need to be ordered from a specialty pharmacy to be delivered to your address.*

THE INJECTABLE MEDICATIONS LISTED BELOW MAY BE USED IN EGG FREEZING CYCLES AT TRELLIS.

- Gonal-F: Pure FSH (Follicle Stimulating Hormone) stimulates multiple eggs to grow. *(Follistim can be used as an alternative)*
- Menopur: Contain LH (luteinizing hormone) used in conjunction with FSH to stimulate multiple eggs to develop. *(Low-dose hCG can be used as an alternative)*
- Ganirelix: Prevents spontaneous ovulation prior to egg retrieval. *(Lupron or Cetrotide can be used as an alternative).*
- Lupron trigger: Medication given exactly 36 hours prior to the egg retrieval; stimulates final maturation of the eggs. *(hCG - Ovidrel, Pregnyl, Novarel - can be used as an alternative)*

WHEN YOU BEGIN YOUR STIMULATION MEDICATIONS, THERE ARE A FEW THINGS TO KEEP IN MIND.

- Take all medications as directed.
- Store your medications following package instructions and do not store any medications in the freezer.
- Do not reuse any needles.
- Take your trigger injection at the exact time we instruct you. This last injection is timed with your egg retrieval procedure.
- We are here for you as you go through this journey. You can call us any time at 347-293-2597.

If you have any questions about your medication, please call SMP Pharmacy at 855.255.5005 between 9AM - 5PM.

If it is after hours, please feel free to contact them at their VIP line at 855.410.5107.

If it is an emergency call 911.

Things to know

- **Do not** workout during egg freezing as it can interfere with your cycle resulting in deep discomfort and/or twist your ovaries
- **Do not** take your birth control during the month you are going through egg freezing
- **Do not** have sex during your egg freezing cycle as there is a great chance of pregnancy
- **Do not** engage in heavy lifting, high impact or strenuous activities
- **Do not** use a hot tub during this time frame or do HOT yoga
- **Do not** take any diet supplements, herbal remedies or "natural" medications during your cycle unless cleared by your provider
- There has been no known research about drinking alcohol or caffeine, however we do not recommend it for the health of your eggs

** Most deliveries will arrive in 48 hours, however we can do same-day delivery if needed. Please contact Trellis for more information.*

