

Your IVF Journey: Step-By-Step Timeline

Two Weeks*

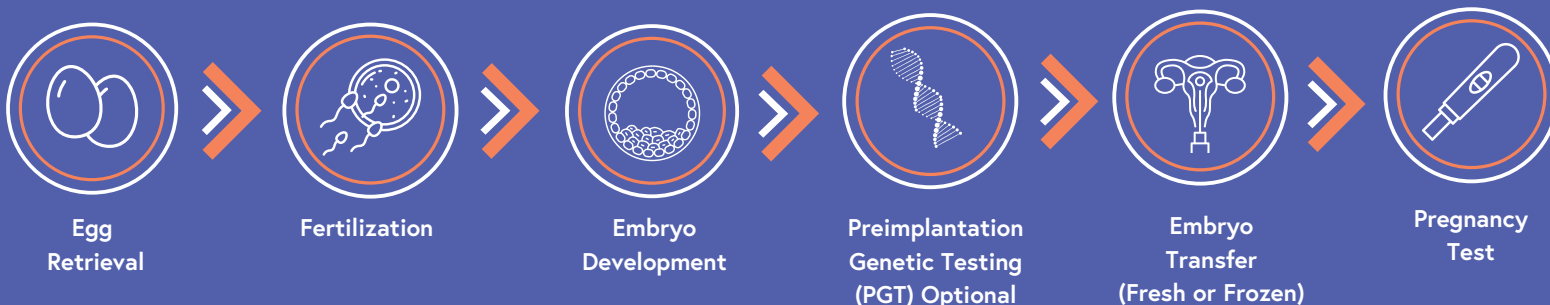


One Week*

Two Weeks*

Timing
Can Vary

Two Weeks



A typical IVF cycle takes about 5-8 weeks from the start of your period to the pregnancy test.

*Timeline varies based on your individual circumstances

[†]Birth control may be prescribed to prepare your ovaries for IVF

Scan to learn
more about the
IVF journey.





Consultation and testing. It all starts with a conversation. Discuss your goals with your physician who will order fertility testing to identify any underlying causes of infertility and determine your personalized treatment plan.



Prepare for Treatment. Ensure your pre-treatment checklist is completed. This includes signing all consents, gaining medical and financial clearance, confirming your pharmacy, ordering and receiving medications, and reviewing your calendar for medications. You may be prescribed medications, including birth control, to prepare your ovaries prior to beginning IVF treatment.



Period Starts. Day 1 of IVF treatment starts on the first day of your menstrual cycle. Once your period begins, notify the nurses.



Ovarian Stimulation. Your care team will let you know when to begin your daily medications, which are designed to stimulate your ovaries to produce and develop multiple follicles. Follicles contain eggs, so the ovaries are stimulated to produce as many healthy follicles as possible.



Bloodwork and Ultrasound Monitoring. You will return to the clinic to assess your response to medications and avoid under or over-stimulation. Ultrasound measures follicle sizes to ensure they are growing and uterine lining thickness. Bloodwork measures hormone levels, and medications are adjusted accordingly.



Trigger Shot. A hormone injection that triggers the final maturation of eggs will be administered around days 9-12 to get your eggs ready for collection. This shot is time-sensitive. Your care team will give you a specific time of day that the shot needs to be administered. Your egg retrieval will occur 36 hours later.



Egg Retrieval. Around days 13-14, you will have an egg retrieval procedure. IV sedation will be administered during the retrieval to ensure comfort. Following the procedure, your care team will inform you of how many eggs were collected.



Fertilization. The eggs collected will be fertilized with a semen sample on the same day as the egg retrieval.



Embryo Development. The fertilized eggs will develop in an incubator for 5-6 days after fertilization where their cells will hopefully divide and develop into blastocysts, signifying they are maturing to evolve into a healthy embryo.



Preimplantation Genetic Testing (PGT) Optional. PGT to screen for genetic and chromosomal abnormalities is optional once your embryo reaches the blastocyst stage. PGT will require a frozen embryo transfer (FET). PGT results take up to 2 weeks to receive.



Embryo Transfer (Fresh or Frozen). The highest-quality embryo is carefully selected for transfer and placed into the uterus during a quick, painless procedure that does not require anesthesia. The timing of your transfer will be based on your specific circumstances and menstrual cycle.



Pregnancy Test. A blood test will reveal your pregnancy results within 2 weeks after your embryo transfer. If your test is positive, we will schedule an ultrasound approximately 3 weeks later.