

**WORKSHOP**

Ovulation triggering

University Clinical Centre Maribor  
Department of Reproductive Medicine  
Maribor  
SLOVENIA

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Monitoring of unstimulated cycle for IVF/ICSI  
(Maribor)

- First folliculometry on day 5 of menstrual cycle
- hCG application : mean value of follicle diameter >15 mm, E2 > 0.49 nmol/L
- Follicle puncture <35 hours after hCG injection

Vlaisavljević et al. J Reprod Med 2001  
Vlaisavljević et al. J Ass Reprod Genetics 2002

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**1st STEP**

Duration of menstrual cycle

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Interval in which spontaneous LH rise can be expected calculated from duration of menstrual cycle ( mean and standard deviation)

SD	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5
0.2	11-14	11-14	12-15	12-15	12-15	13-16	13-16	14-17	14-17	14-17
0.5	11-14	11-15	11-15	12-15	12-16	12-16	13-16	13-17	14-17	14-18
0.7	10-14	11-15	11-15	12-15	12-16	12-16	13-17	13-17	13-17	14-18
1.0	10-15	11-15	11-15	11-16	12-16	12-16	12-16	12-17	13-18	14-18
1.3	10-15	10-15	11-16	11-16	11-16	12-17	12-17	13-17	13-18	13-18
1.7	10-15	10-16	10-16	11-16	11-17	11-17	12-17	12-18	13-18	13-19
2.0	9-15	10-16	10-16	10-17	11-17	11-17	12-18	12-18	12-18	13-19
2.5	9-16	9-16	10-17	10-17	10-17	11-18	11-18	12-19	12-19	12-19

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## 2nd STEP

Is any follicle present on day 5 ?

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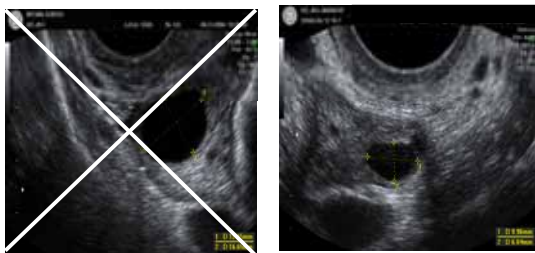
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### 3rd STEP

Is dominant follicle present on day 8 ?

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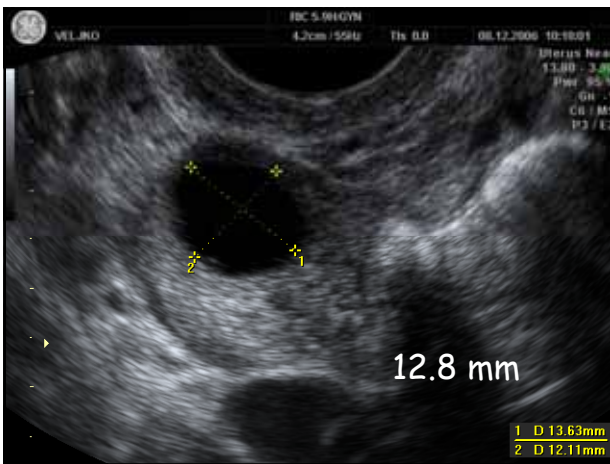
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Ultrasound assessment to ensure that hCG is administered on the first day when the dominant follicle reaches a size  $\geq 15$  mm or on the day after if estradiol is not  $\geq 0.49$ nmol/L

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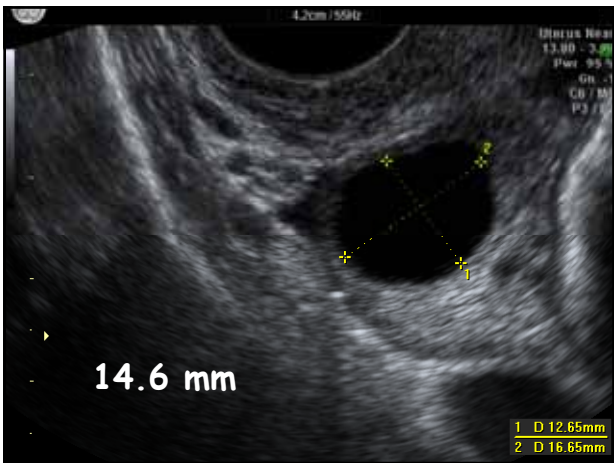
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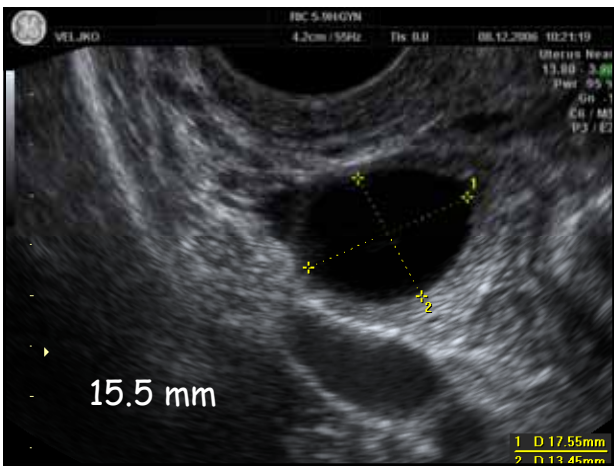
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**4TH STEP**

- Mean diameter ?
- Endometrium ?
- Blood tests?

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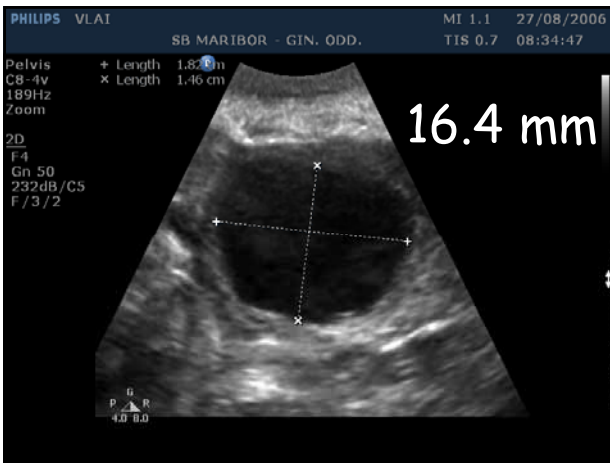
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When is the correct moment to induce final oocyte maturation ?

When the dominant follicle attained  $>15$  mm.  
**and**  
Estradiol levels were indicating satisfactory follicular development  
 $> 0.49$  nmol/L

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Monitoring of unstimulated IVF cycle  
(Maribor Teaching Hospital)

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- Follicle monitoring : first folliculometry on day 5 of menstrual cycle
- hCG administration : mean follicle diameter >15 mm and E2  $\geq$  0.49 nmol/L
- Oocyte pick-up 35 hours (maximum) after hCG administration

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