

## MICROFLARE PROTOCOL

The *Microflare* protocol is a special stimulation protocol designed to optimize ovarian response in women who have demonstrated a previous poor response to a routine protocol, or who may be at risk of having a poor response to fertility medications. The Microflare protocol consists of a combination of oral contraceptive pills (OCP's), Lupron (diluted), and gonadotropins designed to maximize your ovarian response. The term "Microflare" is derived in two parts: "Micro" refers to the use of a diluted dose of Lupron, micrograms instead of milligrams; and "flare" refers to the stimulatory or flare effect of Lupron when given this way—hence the term Microflare.

### ***Overall Summary:***

Starting on Cycle Day 3 of your menses, you will take 2-3 (sometimes up to 4) weeks of OCP's then start micro-dose Lupron 3 days after stopping OCP's, then add gonadotropins 2 days after starting Lupron. *Please note: the day you start gonadotropins is still referred to as the Cycle Start Day.*

### ***Specific Instructions:***

- a. Ortho-Novum 1/35 (21-day packs ordered) will be given continuously for approximately 2-3 weeks.
- b. On Monday\*, you will have a sonogram. If sonogram is normal (all follicles < 15 mm), then the birth control pill will be discontinued (last pill Monday) for a Saturday\* Gonadotropin Cycle Start. Otherwise, you will remain on birth control pills for an additional week.
- c. On Thursday\* morning, start the Micro-Dose Lupron 0.2 cc (40 µg), every 12 hours, and continue daily, until time of hCG. Please Note: Micro-Dose Lupron is a special diluted Lupron prepared by mixing 0.4 cc (2 mg) of standard Lupron with 10 cc of normal saline. This will be prepared by our office or your pharmacy.
- d. On Saturday\*, start gonadotropins as ordered, typically 6 ampules given in divided doses (HMG: 2 vials in a.m./FSH: 4 amps in p.m.)
- e. Please return on Gonadotropin Day 4 (the following Tuesday\*) for an estradiol level.

\* If your Gonadotropin start day is Sunday, then add an additional day for these instructions, i.e. sonogram and stop OCP's on Tuesday, start Micro-dose Lupron on Friday, gonadotropins start Sunday.

**MICRO-DOSE LUPRON FLARE PROTOCOL**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCP's: Ortho Novum 1/35 (continue for 2-3 weeks)	→					
	Baseline Sonogram Take Last OCP			Diluted Lupron 0.2 cc 2 times each day until HCG		Stimulation medication start  continue Lupron 2 times each
		E2	(appt's for completion of cycle may vary depending on individual patient's response)	Sono & E2		
	Sono & E2	Sono & E2 HCG (PM)		Retrieval in (AM)		

Sunday Gonadotropin Cycle Start

**MICRO-DOSE LUPRON FLARE PROTOCOL**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
OCP's: Ortho Novum 1/35 (continue for 2-3 weeks)	→					
		Baseline Sonogram  Take Last OCP			Lupron 0.2 cc 2 times each day until HCG	
Stimulation medication start 3 amps 2 times each day & continue Lupron 2 times each			E2	(appt's for completion of cycle may vary depending on individual patient's response)	Sono & E2	
	Sono & E2		Sono & E2  HCG (PM)		Retrieval in (AM)	