

IVF medication and monitoring log

Record the plan your own clinic gives you

Set up your record before you need it

For tracking prescribed fertility medicines, monitoring visits and changes. This log does not choose a medicine, dose, injection site or treatment schedule. Keep the clinic's current written instructions with it.

How to use these pages

- Page 2: one confirmed medicine order. Duplicate for each medicine or change.
- Page 3: actual doses given. Reprint as needed; record after use.
- Page 4: results and confirmed changes. Keep older orders marked replaced.
- Page 5: supplies, safety and sources. Follow product-specific training.

Initials or private identifier, optional

Cycle or plan name from clinic

Clinic and clinician

Cycle start date, if relevant

Daytime contact

After-hours or urgent contact

Pharmacy contact

Clinic's usual response window

Where my current written orders and injection teaching are stored

If an instruction is missing or does not match

Contact the clinic or dispensing pharmacist to reconcile it before using the medicine. Ask for the medicine name, exact dose with units, route, timing and preparation steps in writing. Do not convert units, borrow someone else's plan or guess.

Keep completed logs private. If you share them, use the secure route your clinic recommends.

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One current medicine order

One medicine and one order version per page. Copy from the clinic's instructions and product label; ask the clinic or pharmacist to resolve any mismatch. Do not calculate a dose from this worksheet.

Medicine name and formulation

Order date and version

Strength or concentration exactly as labeled

Dose exactly as ordered, including units

Route exactly as ordered

Clinic-taught site, if relevant

Scheduled time with AM/PM and time zone

Start date and stop/change instructions

Preparation, mixing or device instructions: written source or training reference

Storage, after-opening limits and expiry: label or pharmacist instructions

Order source: clinician, portal or call

Received date and time

Read-back or confirmation: exact instructions confirmed with whom and when

Current order replaces this earlier order

Confirmed by

Time-critical medicine: if your clinic calls this a trigger or gives an exact administration time, write the full date, time and time zone below. Ask who to call if you cannot follow it exactly.

Time-critical date and exact time

Contact for a timing problem

Verify the product against the confirmed order. Do not convert units.

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Record each actual dose

Complete after administration. Use the order page to verify the medicine and dose. Write units every time. If a dose is late, missed, spilled, vomited or uncertain, contact the clinic promptly; do not repeat, double or change a dose on your own. [4]

Entry 1

Date and planned time, AM/PM + zone	Actual date and time, AM/PM + zone
Medicine and order version	Dose given, with exact units
Route and clinic-taught site used	Given by / initials
Issue, symptoms or clinic advice; contact and time if relevant	

Entry 2

Date and planned time, AM/PM + zone	Actual date and time, AM/PM + zone
Medicine and order version	Dose given, with exact units
Route and clinic-taught site used	Given by / initials
Issue, symptoms or clinic advice; contact and time if relevant	

Unsure whether a dose was given? Record the uncertainty and call the clinic. A blank or checked box is not proof of administration.

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Monitoring and confirmed changes

Visit date and time	Tests or checks performed
Results exactly as reported, with units and report source	
What the team explained; questions still open	

A change is only a plan when it is confirmed

Medicine or instruction being changed	Who gave the instruction
Instruction received date and time	Change takes effect date and time
New exact instruction, including dose units, route and timing if relevant	
Read-back: what I repeated and what the team confirmed	
Written confirmation location	New order-page version
Next visit, test or call	Preparation the clinic requested

Do not change treatment because a lab value looks high or low, or because someone else had a different result. Ask your team what it means for your plan. Keep the original report rather than relying on this summary.

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Supplies, questions and safety

Medicine or supplies to refill

Date I need them, allowing delivery time

Pharmacy contacted and date

Delivery or pickup confirmed

Questions for nurse or pharmacist: device, storage, mixing, disposal or reactions

Keep medication teaching specific

- Use only the route, equipment and site your own team taught for that medicine. This log intentionally contains no injection map.
- Follow the product label and pharmacist's storage instructions. Do not assume every medicine can be warmed or left out.
- Never reuse or share needles or syringes. Follow the product-specific device instructions. Put used sharps promptly in an appropriate sharps container and follow local disposal rules. [1]

When something goes wrong

For an incorrect, missed or uncertain dose, contact your clinic promptly and have the medicine, label, dose and times ready. Do not improvise a replacement dose. After stimulation, contact your clinic urgently for worsening abdominal swelling or pain, repeated vomiting, trouble keeping fluids down, or much less urine. For severe trouble breathing, chest pain, fainting, uncontrolled bleeding, or sudden severe abdominal pain, call 911 or seek emergency care now. [2,3]

Sources and scope

A blank organization tool, not medical advice or injection training. No clinician approval is claimed. Your current confirmed clinic orders and product-specific instructions govern treatment.

[1] FDA • Safely using sharps

[2] ReproductiveFacts • Ovarian hyperstimulation syndrome

[3] MedlinePlus • When to use the emergency room

[4] DailyMed • GONAL-F patient instructions

Sources checked October 1, 2026. [1-4] follow the order above.