

Clinic & Mock Cycle No.	CD	Rx	Endometrial Lining(mm)	E2 (if known)	Other factors that may have helped	
Clinic 1 (ISIS)	1	0.5mg Estrace BID			Moderate exercise 2-3 times a week (throughout)	
	5	1mg BID				
	Oct-2011	10	2mg TID			
		15		0.28		
Clinic 2 (Hannam)	1	0.5mg Estrace BID				
	Feb-2012	5	1mg BID			
		10	2mg TID			
	12		0.30			
	14		0.40			
	17	2mg QID day orally	0.42			
	19	2mg BID per vagina	0.47			
		2mg BID orally				
	22		0.53			
	25	3mg BID per vagina	0.36			
		3mg BID orally				
	28		0.44			
Clinic 2 (Hannam)	3	4mg BID per vagina	0.20	64.49		
	3	5	Endometrial biopsy			
	Apr-2013	14		0.40		Started Accupuncture - 1x/week until end of cycle.
		21	Add Prometrium TID per vagina	0.40		
		30	stop all pills			
	Jun-2013	3	4mg BID per vagina	0.35		
		5	Endometrial biopsy			
		14		0.50		
		21	Add Prometrium TID per vagina	0.30		
	30	stop all pills				
	Jul-2013	3	4mg BID per vagina	0.43		
		5	Endometrial biopsy			
		14		0.40		
		16	Nupogen infusion			
		21	Add Prometrium TID per vagina	0.40		
30	stop all pills			Stopped acupuncture		
HRT - no mock cycles		Estring - replace every 3 months				
Sept 2013 - Apr 2016		Estradot 100 patch - replace every 3 days				
		Prometrium 2x 100mg 12days/mth				
Clinic 3 (Mt Sinai)			pre cd1 - 0.40		Eat more red meat (2 x week) and good fats (i.e. avocado, nuts etc.)	
	6	1	Estrace 2mg BID orally		Prenatal vitamins (Platinum Naturals with DHA)	
			Estradot 100 patch replace every other day		CD 1 to end of cycle - Acupuncture - 2x/week (FET protocol to focus on uterine lining development)	
	Apr-2016		Continue Estring (leave in - replace every 3mth)		Castor Oil pack with heat 1-2 times a week over uterus for 30 mins until end of cycle	
		15		0.40	?	Add Raspberry Leaf Tea 1-2x/day
		22	Stop Estrace (continue Estring & Estradot)	0.50		Stop Raspberry Leaf Tea until next CD1
			10mg Provera for 7 days			Start Omega 3 (NutraSea liquid) -1250mg/day & Vitamin E (incl. d-alpha-tocopherol) 400 IU/day
	7	1	Estrace 2mg BID per vagina			Continue Prenatal vitamins (Platinum Naturals with DHA)
		May-2016		Estradot 100 replace every other day		CD 1 onward- Add Raspberry Leaf Tea 1-2x day & 6oz fresh POM juice daily
				Estring (leave in - replace every 3mth)		Castor Oil pack with heat 1-2 times a week over uterus for 30 mins until end of cycle
		18		0.53		Continue Omega 3 (NutraSea liquid) -1250mg/day & Vitamin E (incl. d-alpha-tocopherol) 400 IU/day
	33		0.57		(note estring changed on day 33)	
	8	1	Estrace 2mg BID per vagina			(Note: took out estring - no longer needed for HRT)
		Jul-16		Estradot 100 replace every other day		No acupuncture this cycle
				Sildenafil 2mg QID per vagina		
14			0.60		Continue Prenatal vitamins (Platinum Naturals with DHA)	
21			0.60			
28		0.54		Note: fluid noted in lining approx 0.1		