

IVF Clarity Roadmap

Guiding you through every step — medical & emotional



Roadmap

IVF CLARITY ROAD MAP

Congratulations on taking this important first step. Your roadmap pairs the medical steps of IVF with emotional support cues so you can move through the journey with calm, clarity, and confidence.

But a roadmap works best with a guide. The transformation happens when you have the right support beside you at each step.

♥ **Why this moment matters**
Feeling hopeful, unsure, or a bit overwhelmed is completely normal. You don't have to carry it alone. You deserve care that honours both your body and your emotions.

♥ **What sets my approach apart**
Whole-person support
I complement your clinic's medical care with practical tools for the mind and nervous system—so you feel steadier day to day.

♥ **Personalised to your story**
No one-size-fits-all plans. We look at your stage, triggers, schedule and energy, then create a calm plan that fits your life.

♥ **Tiny actions, real calm**
Simple, repeatable steps (breathwork, boundaries, rituals, scripts) that reduce spirals and increase self-trust.

♥ **Book your complimentary, personalised session**
IVF Confidence & Clarity Session (45 minutes, no cost)

In this call we will:

- Map where you are in the process (and what's next)
- Create a 2-week calm plan you can start immediately
- Identify one decision or conversation to handle with confidence
- Leave you with simple tools to steady results day



Kind note: *Emotional support only—always follow your clinic's medical advice.*



IVF CLARITY ROAD MAP

Guiding you through every step — medical & emotional

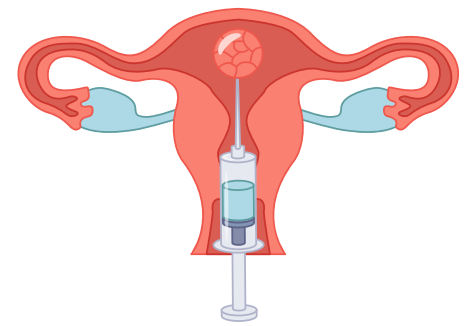


- Recovery kit (socks/snack/water)
- Organise a lift home
- Soothing playlist



Egg Retrieval

- Grounding visualisation
- Hand-on-heart mantra
- Early night



Embryo Transfer

STEP 1

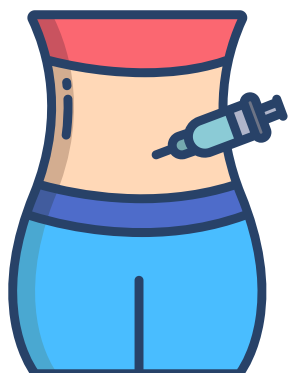
Stimulation



- Same-time routine
- Breathe before/after injections
- Hydrate + light movement

STEP 2

Egg Retrieval



STEP 3

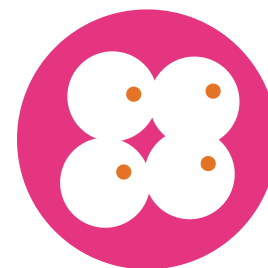
Fertilisation & Embryo Growth



- Agree on an update window
- Limit Googling
- Repeat “No news is normal”

STEP 4

Embryo Transfer



STEP 5

Two-Week Wait & Blood Test



- Daily 10-minute calm plan (breathe, walk journal)
- Social media boundaries
- One safe check-in



Margaret Cali

IVF EMOTIONAL TIMELINE

What happens, how it feels, what helps

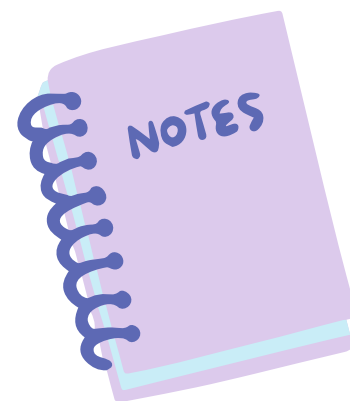
01 — Pre-Treatment Phase (Preparation & tests)

What happens: Consults, bloodwork, ultrasounds; creating your plan.

How it can feel: Hope, anxiety, decision overwhelm.

What helps:

- ♥ Bring a notebook; list your top 3 questions
- ♥ Set gentle advice boundaries
- ♥ Choose one "safe person" for logistics + support



02 — Stimulation Phase

What happens: Hormone injections; monitoring appointments.

How it can feel: Mood swings, physical side effects, anticipation.

What helps:

- ♥ Same-time routine (set an alarm)
- ♥ Breathe 4-4-6 before/after injections
- ♥ Hydrate + light movement (10-minute walk)



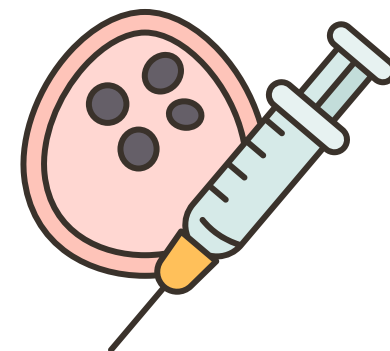
03 — Egg Collection

What happens: Procedure under sedation; eggs collected.

How it can feel: Fear, physical discomfort, vulnerability.

What helps:

- ♥ Recovery kit (socks/snack/water/lip balm)
- ♥ Organise a lift home + a quiet afternoon
- ♥ Soothing playlist; permission to rest



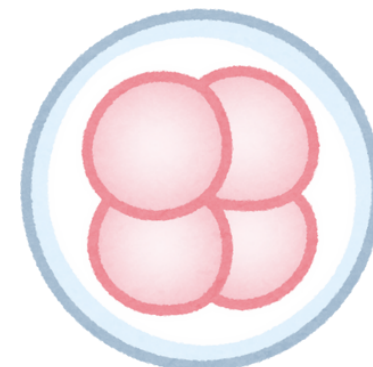
04 — Fertilisation Waiting Period

What happens: IVF/ICSI; embryos monitored and graded.

How it can feel: High anxiety, fear of failure.

What helps:

- ♥ Agree on an update window with the clinic
- ♥ Limit Googling; journal one honest line instead
- ♥ Repeat: "No news is normal"



Kind note: Emotional support only—always follow your clinic's medical advice.



IVF EMOTIONAL TIMELINE

What happens, how it feels, what helps

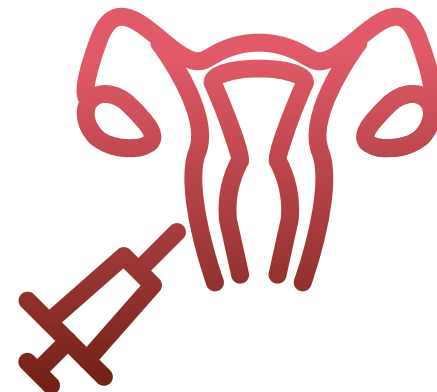
05 — Embryo Transfer

What happens: Embryo placed in uterus; lining checked.

How it can feel: Cautious optimism, vulnerability.

What helps:

- ♥ Grounding visualisation
- ♥ Hand-on-heart mantra
- ♥ Early night; light schedule next day



06 — Two-Week Wait

What happens: Progesterone support; waiting for the blood test.

How it can feel: Heightened anxiety, withdrawal, obsessive thinking.

What helps:

- ♥ Daily 10-minute calm plan (breathe • walk • journal)
- ♥ Social media boundaries; one safe check-in
- ♥ Decide testing plan in advance; follow clinic guidance



07 — Results Day & Beyond

What happens: β -hCG blood test; review and plan next steps.

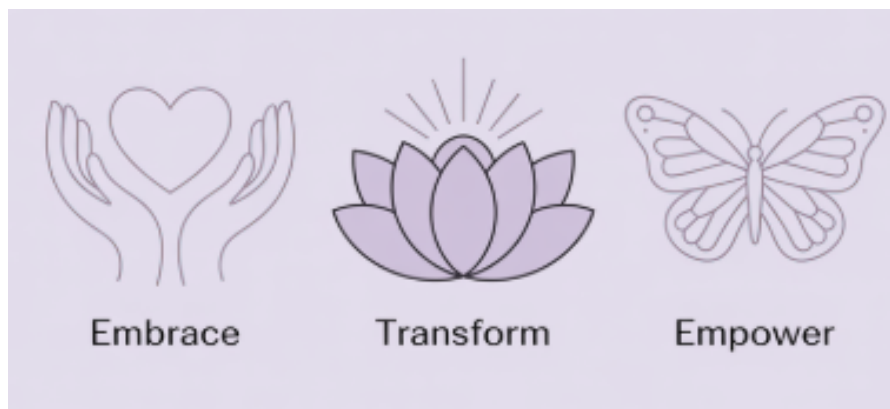
How it can feel: Shock, grief, elation, confusion (depending on outcome); emotional fallout or cautious planning as you integrate what's happened.

What helps:

- ♥ Results-day ritual; keep the day neutral either way
- ♥ Safe person on standby; short debrief later
- ♥ Note new questions; choose the next right step



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STAY CONNECTED & BOOK

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**Book your complimentary IVF Clarity Session
now (45mins)**

<https://dub.sh/nGXsiNh>

**Thank you for downloading this
resource.**