

# MorningStar Family Health Center

## **Infertility Evaluation**

### **Overview**

(Please save for reference)

This handout is intended to give you an overview of what you may expect in an evaluation for infertility. Sometimes all the information you receive is overwhelming- our hope is that by having some routine procedures in writing, this process will be simplified. This is intended to be a general guideline for you – individual circumstances may require some variations.

### **Charting the Creighton Model System**

At your first appointment with Dr. Golden-Tevald, you will be asked to begin classes in the Creighton Model System (CrMS) to begin charting your cycles if you have not already begun. The CrMS is based on charting your cervical mucus sign (this does not involve charting your temperature). It can be very helpful in the overall evaluation of infertility problems. Many of the tests done in your evaluation are more useful if done at specific times of your cycle – these days may be properly timed based on your charting.

Knowledge of the cervical mucus sign can be extremely helpful in further understanding infertility problems. It is helpful if you have two cycles of charting completed by your second visit with the doctor. One of the most frustrating things to deal with is the period of uncertainty and waiting during evaluation and treatment. Once you have decided to seek an evaluation, you naturally want answers. However, because many of the tests are tied to your monthly cycles, they cannot be speeded up.

### **Old Records**

If you have not already done so, please arrange to have a copy of any old records relating to a previous infertility evaluation sent to our office. This usually requires a written release from you, sent to your doctor, giving them permission to send your records. See Marlene for this release.

### **Second Office Visit**

This visit is scheduled approximately 8 weeks following your first visit if you have not been previously charting. (If you already have 2 months of charting at your first office visit, these procedures will be incorporated into that first visit). The best time to schedule this visit is Day 5-7 of your cycle if possible. A complete physical exam is done at this time, including a PAP smear (if it has not been done within the last year) and Chlamydia

screen. These tests may be done on light days of your menstrual period – they may not be done on days of heavy and moderate flow. If the results of these are abnormal, you will be notified. Depending on your individual situation, one or more of the following may be scheduled at this time:

1. **Hormone Series** – In evaluating fertility, it is important to understand the fluctuations in hormone levels as ovulation approaches, as the Peak Day occurs and afterward as the lining of the uterus is prepared for pregnancy. In order to do this, we monitor hormone levels in relation to your Peak day. Blood tests are drawn every other day beginning about 4 days before the anticipated Peak day. You will need an additional 5 blood draws, beginning on Peak +3 and every other day until Peak+11. You do not have to fast for this blood work. The samples can be drawn at our office, or they can be drawn at a draw site closer to your home if you live at a distance. A draw fee is usually charged.
2. **Ultrasound Series**- An ultrasound series is the best technique currently available to determine if a woman is ovulating normally. With daily ultrasound exams, the developing follicle can be followed until ovulation occurs. When the follicle ruptures, ultrasound will detect its collapse; evidence that ovulation has occurred. A baseline pelvic ultrasound is generally done on Day 5 of your cycle. Then, starting on approximately Day 10 of your cycle, daily scans will be done until the follicle has ruptured, indicating that ovulation has occurred. This usually requires 4-5 scans, but may vary depending on your individual circumstances. Please bring your chart to your ultrasound appointment every day. If you do not have regular cycles, a serial ultrasound evaluation cannot be done. Instead, a single pelvic ultrasound will be done.
3. **Seminal Fluid Analysis** – The doctor may order a semen analysis in order to determine the quantity and quality of the sperm. The semen sample is collected during a natural act of intercourse. You will be given a kit with instructions for this collection.
4. **Diagnostic Outpatient Surgery** – As a Family Physician, Dr. Golden-Tevald does not do surgery, but she may refer you to a specially trained surgeon for diagnostic surgery for further evaluation. Depending on your individual circumstances, medical treatment may begin first, or she may recommend early surgical evaluation. These procedures include laparoscopy, hysteroscopy and selective hysterosalpingogram and transcervical catheterization of the fallopian tubes

## **Evaluation Review**

When you know when you will do your hormone series, schedule an Evaluation Review. Results from the hormone series, ultrasound series and seminal fluid results will be reviewed. A treatment plan will be outlined and begun at this time. It is typical to have an appointment with the physician every 2-3 months during treatment with a monthly cycle review with one of our FertilityCare Practitioners. The cycle review is done by initiating a “Cycle Review- Infertility Patients” on the portal on our website, [www.morningstarfhc.com](http://www.morningstarfhc.com) when you get your P+7 lab work drawn.

## **Contacting Your Physician**

Our office hours are Monday 9am-7pm, Tuesday, Wednesday and Thursday 9am-5pm, and some Saturdays. The office is closed on Fridays. Marlene Ciborowski is our secretary and is available to answer your questions about scheduling, billing and insurance. Wendy Gardner, CMA is our Medical Assistant. Amy Sherlock, FCP and Kathy Golden, FCP are Creighton Model FertilityCare Practitioners. They teach the charting method here at our office and can often answer your questions about charting or identifying your peak day. If your question needs to be answered by the doctor, you can leave a message with Marlene, or preferably, use the “Ask Doctor Jean” function through the portal on our website to communicate directly and securely with the doctor.

You may also leave non-urgent comments on the 24 hour private voice mail for Dr. Golden-Tevald (press 5).

Every effort is made to call you back on the same day you call; certainly the earlier you call, the more likely that you will be called back on the same day. Our office phone number is (908)735-9344; our fax is (908)735-7136. If you have an **emergency** after hours, you may call the answering service (908) 806-5368 and the doctor will return your call.

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