

INFERTILITY CHECKLIST

- ❑ Keep a menstrual calendar marking the dates of spotting and of flowing as well as the day you get a positive ovulation test. Bring this with you to every appointment.
- ❑ Take a lab slip to the lab on Day 3 of the cycle. (Day 1 is the first day of full flow, not spotting.) We'll check FSH, LH, TSH, estradiol, testosterone, prolactin and possibly fasting insulin & glucose.
- ❑ Start ovulation testing with over-the-counter urine testing kits. We recommend the brand "Clear Blue Easy" for the easiest test to read: a positive result is indicated by a smiley-face! Other brands are more difficult to read, and patients often feel uncertain determining if the test is positive or negative. Begin testing on Day 12 of the cycle (or 4 days after Clomid, if used that cycle). You will test the first time you urinate upon waking in the morning when you have not urinated for at least 4 hours. On the morning of a positive ovulation test, have intercourse that night and the following night (about 12 and 36 hours after the positive morning ovulation test).
- ❑ Take a lab order to the lab on the 8th day after a positive ovulation test to check progesterone. Call the office if you do not have a positive ovulation test by cycle Day 20.
- ❑ See Dr. Binford for a baseline ultrasound.
- ❑ Take home from our office a sterile cup with a lid, instructions, a lab order, and the location of the lab for your partner to check semen analysis.
- ❑ Schedule an HSG (hysterosalpingogram) at ARA at 454-5641. This must be scheduled when the menses begin so that we can be assured you are not already pregnant when having this procedure. You will be prescribed doxycycline (an antibiotic) to take the day before, the day of the procedure, and the day after to prevent infection. You will also be prescribed ibuprofen to take one hour prior to the HSG appointment and then every 8 hours afterward as needed for pain.
- ❑ After all testing is complete, we'll set an appointment for you to meet with Dr. Binford to review the results and make a plan for treatment.
- ❑ For cycle monitoring by ultrasound, please call when your period begins so that we may schedule an ultrasound during Days 1 to 3 of the cycle. If your period starts on the weekend, you may call our office on Monday. We will see you the same day in our office for an ultrasound to check for ovarian cysts. It is important to check for these before starting cycle monitoring. We may also schedule an ultrasound on Day 12 to check the ovaries for the development of follicles – these are a sign of maturing eggs getting ready for release.
- ❑ For patients starting Clomid, you will call the office the day you start your period to schedule an ultrasound during Days 1 to 3 of the cycle. If your period begins over the weekend, you may call our office on Monday. You will then take Clomid Days 3 through 7 of the cycle. (The dose will be determined by Dr. Binford.) You will also begin daily ovulation testing cycle Day 11 (or 4 days after finishing Clomid). If you have not had a positive ovulation test by 9 days after finishing Clomid, please call the office. We may ask you to make an appointment for another ultrasound to check the response of the uterus and ovaries to the medication.
- ❑ During cycle monitoring, whether taking Clomid or not, call the office if you do not menstruate by Day 42.