

Basic Fertility Workup

Day 1 =The start of your menstrual cycle. You should call to schedule an HSG (hysterosalpingogram) if planned for this cycle. Please call our office number (312)943-0282 to schedule it.

Day 3 Come to our office for a blood test to check your baseline hormone levels including:

FSH = follicle stimulating hormone – Elevation of this hormone may indicate that your ovary is resistant to stimulation (forming a mature egg) this cycle

LH = if elevated it may mean you are not ovulating that cycle or that you may have polycystic ovaries

Estradiol = if elevated may mean you have suboptimal egg formation for that cycle

Day 9-10 Hysterosalpingogram should be done. This is an X-ray that checks that your tubes are open and that your uterus is normal in shape and without fibroids or polyps. It can be painful so taking ibuprofen 600mg 2 hours before procedure is helpful. It needs to be scheduled through our office with as much advance notice as possible (see Day 1 note). You cannot be bleeding when this procedure is being done.

Day 11-17 Check home ovulation predictor kit

Day 21 (or 7 days after positive ovulation predictor kit if you have longer than 28 day cycles) come in for a progesterone blood test to confirm a healthy ovulation.

Semen analysis can be done at any time. Call the andrology lab (312)-335-0075 to schedule a time in advance. Your partner needs to abstain from intercourse for 48 hours prior to collection but no longer than 72 hours. Collection can be done at home or at their office. The lab needs to receive it within one hour of the time of collection. Results are available approx 4-7 days later in our office.

Thyroid abnormalities can cause early miscarriage and difficulty in achieving a pregnancy. Making sure your thyroid is working properly with a blood test is usually done during the course of this work-up.

Prolactin is another hormone secreted by the brain that can interfere with achieving a pregnancy that may be checked during your work-up.