



## Infertility Work up Handout

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The definition of infertility is the inability to get pregnant despite frequent, unprotected sex for at least 1 year.

Common causes of infertility include, but are not limited to:

- Impaired production or function of sperm
- Malnutrition or obesity
- Damaged or blocked fallopian tubes
- Ovulation disorders
- PCOS (polycystic ovarian syndrome)
- Insulin resistance
- Thyroid problems
- Uterine fibroids
- Some medications

Common tests and procedures include (prices may vary):

- Semen analysis at EIRMC \$125
- Semen analysis at Express Lab \$10
- HSG (hysterosalpingogram) \$700-800
- Blood tests Varies (See next page)
- Follicle scans \$220 each
- IUI (intrauterine insemination) \$300

Other options, tests, and treatments:

- Medication to stimulate follicle production \$9-150
- Medication to induce ovulation (HCG injection) \$95
- At home ovulation kits (recommendation Clear Blue Brand) \$15-40

### Additional Instructions

- Semen analysis- abstain from intercourse for 3-5 days prior
- Please call in advance to schedule any ultrasounds
- Call on the first day of your period to get prescriptions for any medications you may need
- Don't hesitate to call the nurses with any questions you may have



## **Lab options- May vary per Dr's recommendations**

### **FSH-Follicle stimulating Hormone - \$41**

~this is used to gauge ovarian reserve.

### **Estradiol- \$62**

~Done day 3 of menstruation, Lower end tend to be better for stimulating.

High levels may indicate a cyst or diminished ovarian reserve.

### **LH- Luteinizing Hormone \$41**

~Done day 3 of menstruation. If LH is high than FSH indicates PCOS.

### **Prolactin- \$43**

~Done day 3 of menstruation. Increased levels can interfere with ovulation.

### **Progesterone \$46**

~ This test is done to confirm ovulation. An elevated level may indicate a lower pregnancy rate.

### **Anti-mullarian Hormone \$78**

~ This test is done to determine ovarian function.

### **TSH- Thyroid Stimulating Hormone \$41**

~abnormal TSH can have an effect on fertility.

### **IRT- Insulin Resistance test \$227**

~ Insulin Resistance can cause anovulation.

(Prices are not a guarantee and may vary)

**Date**                      **Instructions**

\_\_\_\_\_ Day 1 = First day of bleeding

\_\_\_\_\_ Day 5 – Clomid

\_\_\_\_\_ Day 6 – Clomid

\_\_\_\_\_ Day 7 – Clomid

\_\_\_\_\_ Day 8 – Clomid

\_\_\_\_\_ Day 9 – Clomid

Option 1

\_\_\_\_\_ Day 11 – Start ovulation predictor kits. (recommended Clear Blue brand) Stop intercourse until you get a positive ovulation. Start intercourse 24-36 hours after positive results then continue every other day for 1 week. *(If you are doing an IUI instead of timed intercourse, please call immediately after you get a positive result)*

Option 2

\_\_\_\_\_ Day 11 – Begin Follicle scans and continue schedule as recommended by physician. They will let you know when you need to come back after you have your follicle scan done based on its findings.

Call when you get a positive pregnancy test or when you start your next period for further instructions.

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