



Fertility Evaluation

A fertility evaluation is usually initiated after 1 year of regular, unprotected intercourse in women under 35 years and after 6 months in women 35 years and older. A couple might not be able to get pregnant because of numerous issues including those of the man, the woman or both, or lack of sperm exposure. When a couple has trouble getting pregnancy, providers often test both partners to gather more information. Trying to determine a cause can assist in determining the treatment pathway. However, even with testing, providers oftentimes cannot figure out why.

This means that both the woman and her partner need to be seen in our practice.

If you are a **woman**, your health history including general health, sexual, and menstrual history will be gathered. Testing will be ordered for you at the conclusion of your visit. You might have one or more of the following:

1. Blood tests- these tests can provide information on certain hormones that play a role in female fertility. They will also screen you for certain infectious diseases that can impact you, your partner, the pregnancy, and your baby. You will need to contact the office on your cycle day 1 as these are timed according to your cycle and will need to be done on day 3.
2. Ultrasound- this testing will allow Brian to assess your uterus and/or tubes as problems with either or both can make getting pregnant more difficult. When you call on day 1, Jane or Donna with schedule this testing.
 - a. Sonohysterogram (SHG)- this is done in the office usually between day 5 and say 12 of your cycle. A small catheter is inserted into the uterus and fluid is infused into the uterine cavity and tubes while a transvaginal ultrasound is being done. This allows for enhanced visualization of the cavity and tubes. It will also provide visualization of the ovaries.
 - b. Pelvic ultrasound- this ultrasound, done in the office, is utilized less frequently than the SHG. It is a transvaginal ultrasound which will provide information on the uterus and ovaries. It, however, does not provide good visualization for examination of the tubes.

If you are a **man**, your health history including general health and sexual history will be gathered. Testing will be ordered for you once you have been seen in the office. The following might be ordered for you to complete:

1. Semen analysis (SA)- this test will examine the sperm quality and quantity based on numerous parameters. The results will then be used to guide the next steps including the treatment plan for you and your partner.
2. Urology consultation- this depends on the results of the SA and your health history and may also be required by insurance.
3. Blood tests- these tests will screen for certain infectious diseases that can impact you, your partner, the pregnancy, and your baby. They may also include certain hormones that play a role in male fertility.

There will be a series of appointments booked to follow the completion of your necessary testing as a couple. You will meet with Brian to discuss the results and plan for the next steps. A visit will also be booked with Kristen, Fertility Coordinator, to discuss the process and insurance. This is followed with a plan review and consents to proceed with Brian. This process must be completed before any cycle can be initiated.

If you have any questions on the process or questions in general, please contact the office at 508.917.6720.

Patient name _____

Patient initials _____