



## STEPS TO FOLLOW IN YOUR INITIAL EVALUATION

1. Please call your **fertility coach** when your period starts to schedule your baseline blood tests and vaginal ultrasound on menstrual cycle day **3**. The day your menses starts is considered day **1** (spotting doesn't count); the next day is day 2, etc. If your period starts before you go to sleep that night, then that day is considered to be day 1. If your period starts *after* bedtime, then the *following* day is considered to be day 1.
2. If you get your period after we close at 5 PM (between Monday and Thursday nights), please call us the following day (cycle day 2) when we're open, to have your testing scheduled. If day 1 falls on Friday night after 5 PM until Monday at 9 a.m., call our office (732-339-9300) and leave a **non-urgent message** in voice mail (it's one of the choices you'll be given). One of our fertility coaches will pick up the message and get back to you by no later than 11 AM the next day. Please mention which office you are seen in: Cranford, Edison, or Princeton. If you do not hear back from our staff within 24 hours following your call, please call again. **Please do not page the doctor on call at night when the office is closed to report the onset of your menses.**
3. You will be given a specific appointment time for your baseline (day 3) testing. Patients *not* undergoing active treatment with fertility injections (IVF or IUI) who only need blood testing will have blood drawn on a first-come, first-serve basis each morning. In Edison, testing is generally performed between 6:30 A.M. and 8:30 A.M. on weekdays. Testing generally begins at 8 AM in our Cranford and 7:00 AM in the Princeton office. Weekend and holiday testing occurs in Edison only (between 7:30 A.M. and 8:30 A.M.). If you have an ultrasound scheduled, please be sure to arrive on time, otherwise the sonographer may not be able to perform your scan and it may be re-scheduled.
4. We generally recommend that you fast for baseline testing (nothing by mouth after midnight the night before -- water is O.K.). In addition, you should refrain from any sexual activity on the day of testing since intercourse may artificially raise your prolactin levels. Following completion of all testing, please make an appointment to discuss your results with your doctor.
5. If your doctor has told you to undergo **office hysteroscopy or SIS (saline infusion sonogram)**, please inform your Coach of this when you call with day 1 of your period. These procedures are usually performed between cycle day 6 and 12 (after your

bleeding finishes and before you ovulate). Please read the instructions given to you by your doctor for details.

6. If you need to cancel any of your appointments, PLEASE call the office and inform us of this **before 4:00 PM** the day before your test. If you have any questions regarding any of the testing your doctor has ordered for you, please call the office ahead of time during normal working hours (Monday – Friday, 9:00 A.M. – 4:30 P.M.) to address these concerns.
7. We need a copy of your most recent **Pap smear** before any treatment can begin here. Please have your OB/GYN send it to us as soon as possible.
8. Prior to starting treatment to help you get pregnant, it's best to have a face-to-face financial consultation with one of our **Patient Financial Advocates** (Roopi: 732-447-9506 or Nisreen: 732-447-9514). We recommend that you make this appointment *after* you meet with your doctor and a treatment plan is discussed. They will assist you in understanding what your insurer covers and will answer any questions you may have. Prior to that visit we will try to obtain information from your insurer regarding treatment benefits available under your insurance plan.