



# FERTILITY WORK UP CHECK LIST

## WHAT IS INFERTILITY?

Infertility is commonly defined as the inability to get pregnant (conceive) when actively trying (unprotected sex, and discontinuation of birth control) after 6 months or longer, regardless of age.

## DAY #2-3 LABS

Please call with first day of your menses. If day 2 or 3 falls on the weekend, it is ok to have blood work done on Monday.

\_\_\_ FSH, LH, AMH, Prolactin, TSH, Estradiol

## DAY #21 LAB

\_\_\_ Progesterone level (this can also be scheduled when you call with the first day of your menses and are scheduling your blood work as above). Confirms ovulation.

**\*There may be other labs that your doctor adds to this list**

## RADIOLOGY

\_\_\_ Pelvic ultrasound - baseline, your doctor will determine the timing.

\_\_\_ Hysterosalpingogram (HSG) - this radiologic study evaluates the endometrial cavity of the uterus and fallopian tubes, to ensure that they are not blocked. This is usually done Days # 7-11 of your cycle. Please call Novant-NHRMC at 910-667-8777 (Central Scheduling) on first day of your menses to schedule this. This is performed at Novant-NHRMC Medical Mall.

## FOR HIM

\_\_\_ Semen analysis - 25% of infertility is associated with Male factors. This is performed at Wilmington Reproductive Laboratories, Inc.

## PREDICTING FERTILE TIME IN CYCLE AT HOME

**(\*optional test, discuss with your Doctor)**

\_\_\_ Ovulation predictor kits at home can help us determine if an ovulatory problem is present (25% of the time in infertility).

**Here is a list of ACCURATE and FREE menstrual cycle-tracking apps:**

- Clue
- Day After
- FemCal Lite
- The Flow
- Glow
- Groove
- iPeriod Period Tracker Free
- It's a Girl Thing
- Lily
- LoveCycles Menstrual, Ovulation & Period Tracker
- Menstruation & Ovulation (now known as the "Menstrual Period Tracker")
- Mom and Baby to Be
- Period Tracker
- GP Apps
- Period Tracker, Free Menstrual Calendar
- Pink Pad Period & Fertility Tracker Pro





# FEMARA (LETROZOLE) PROTOCOL

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- Letrozole is commonly used for infertility treatment to induce an egg to develop and to be released in women who are not ovulating on their own. This is known as ovulation induction.
- Begin Letrozole 5mg on Day 3-7 of period
- Day 1 is the first day of menstrual bleeding
- Ovulation most commonly occurs on day 13-15 when using this protocol, but may vary.
- Start ovulation testing on urine the morning of day 10 or 11, then daily.
- Once a positive result with the ovulation predictor, have intercourse in 12-24hrs
- It is also safe to have intercourse every other day starting on Day 12 for one week. (Day 12, 14, 16 and 18)
- You doctor may consider performing an ultrasound for a follicular count on day 12-13. If the follicles measure 18-19mm or greater, then we may recommend using an injection to stimulate ovulation to occur. If this is recommended, bring the medication to your appointment with the ultrasound and have intercourse in 24-36hr.
- Take a pregnancy test in 2 weeks from timed intercourse. Either way, please call us back with the pregnancy test result.

## **Background information on Letrozole**

Femara (letrozole), is a medication commonly used in women for the treatment of infertility. It is often used to induce ovulation in women that do not develop and release an egg (ovulate) on their own. Letrozole is also used to stimulate extra follicles and eggs in the ovaries of women that already ovulate without medications.

## **How does Letrozole work?**

Letrozole is a medication that has been widely used in women with breast cancer. Letrozole belongs to a class of medications called aromatase inhibitors. Aromatase is an enzyme that is responsible for the production of estrogen in the body. Letrozole works by inhibiting aromatase thereby suppressing estrogen production. The result is that the pituitary gland produces more of the hormones to stimulate the ovaries. This increases the number of eggs developing in the ovaries.





# FEMARA (LETROZOLE) PROTOCOL

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## **Mood swings, psychological and emotional side effects**

- Mood swings, psychological / emotional side effects
- Hot flashes
- Abdominal discomfort
- Visual disturbances
- Ovarian cyst formation
- Nausea
- Thinning of the uterine endometrial lining

## **Use of Letrozole increases risks for twins and multiple pregnancy (sometimes a desired outcome)**

- 92-94% singletons
- 5-7% twins
- 0.5% triplets

## **Mood swings, psychological and emotional side effects**

Psychological or emotional side effects are pretty common while taking Letrozole. Approximately one of four women will have some negative psychological side effects with Letrozole. They are often described as “severe mood swings” or “increased irritability”. Many women say they have “really bad PMS” while taking the drug. Some women will not have these side effects at all. These side effects are usually tolerable, but some women will discontinue the medication because of this.

## **Hot flashes**

Hot flashes are sometimes experienced as a side effect of Letrozole. These are similar to the hot flashes that menopausal women experience. They are annoying and are usually not severe enough to stop taking the medication.

## **Visual disturbances**

Visual abnormalities such as seeing flashes or spots or having blurred vision are sometimes experienced. When these abnormalities occur Letrozole should be discontinued.

