

Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics



SRMS Patient Survival Guide

Patient Name(s): _____

Cycle Days In Detail:

- Cycle Day (CD) 1 is the first day of flow. Spotting is not included.

Procedure Scheduling:

- Diagnostic Hysteroscopy (CD 6-12)
- GYN Ultrasound (CD 3-9)
- Saline Infusion Sonography (CD 5-9)
- Hysterosalpingogram (HSG) (CD 6-10)
- Endometrial Biopsy (CD 6-12)

**Please call on cycle day 1 to
schedule these procedures.**

**Many of these procedures are
done on specific days of the
menstrual cycle.**

Blood Work:

- FSH: Cycle Day 3 \pm 1 day (i.e., Cycle Days 2, 3 or 4)
- Progesterone: Cycle Day 21 (CD ____, if specified) \pm 1 day
- Fasting Blood Work: No eating or drinking after midnight with the blood obtained around 7-8 am. Then go have a healthy breakfast!
- For those with a 2 hour modified Glucose Tolerance Test with Insulin Levels (2 hour GTT/I), blood should only be drawn at baseline, drink the Glucola and then again in 2 hours. Don't let them stick you more than necessary!
- For Recurrent Pregnancy Loss blood work, double-check the Lab's work to make certain that all bloods are drawn correctly the first time!

Please Help Us get the Following:

- Past Medical Records
- HSG Films (Not just the report!)

And For Him*:

- Semen Analysis/Sperm Antibody Screen
- Semen Culture (abstinence not needed)
- Post-Ejaculate Urine Spin
- Semen Analysis with Full Sperm Antibody Analysis

**Please abstain from ejaculation for 2 days but no more than 7.*

These procedures must be scheduled at least 72 hours ahead of time!

Misc. Labs & Special Instructions:

- Urine Pregnancy Test
- Other:

Last But Certainly Not Least:

- Please read all patient information sheets given to you regarding procedures. Often, you will be instructed to take some medication before the procedures.
- Please have this sheet with you when you call SRMS to schedule testing & procedures.
- Please inform the front office of ANY changes to your contact numbers, insurance changes and address changes. (**VERY IMPORTANT**)

When all tests are complete, you may schedule your follow-up approximately 14-21 days after the last blood draw or procedure.

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