



APS Fertility Patient RoadMap:

We believe that “infertility” is a symptom of an underlying disease or conditions that should be thoroughly investigated and treated, not patched over. Our investigations and techniques take time, attention to detail and skill. We value your fertility and strive to correct all of the underlying conditions that contribute to fertility dysfunction. Every patient and couple struggling with fertility is unique; however, it is best to follow a general process to assure that no health aspect is left unevaluated. In general, the following “roadmap” is followed for our Infertility patients. Our Monthly Fertility Membership Fee is charged to ensure appropriate time allocation, attention to detail and the personalized approach necessary for this type of care. We strive to support you on your fertility journey and hope to restore health and wellness during the process. Approximate time frames are noted below for your reference; however, as mentioned, this is just a “roadmap,” and every patient and couple are unique and go through this process at their own pace.

Month 0:

- Schedule Patient and Spouse Consultations (virtual).

Prepare for visit by:

- Collect and send medical records.
- Fill out new patient packets.
- Copy fertility chart (if charting).
- Review our healthcare philosophy and Fertility Membership info.

Month 1:

Visit #1: Consultation (virtual)

- Review your medical, surgical, and OBGYN history.
- Review prior work-up and treatment.
- Discuss current symptoms.
- Discuss treatment goals.
- Discuss initial provider recommendations.

After Consultation:

- Visit Summary will be created to outline initial recommendations.

- Fertility Membership initiated (must be purchased prior to scheduling additional visits).
- CrMS Intro Session is scheduled (if not already charting).
- Invite to Fertility Support Group and/or WLWCG.

Month 2:

Visit #2:

- Symptoms/cycles reviewed since last visit.
- Any medical records ordered after initial consultation reviewed.
- Baseline labs are ordered for female.

SPOUSE CONSULT:

- SFA ordered for male.

Month 3:

Visit #3:

- Symptoms/cycles reviewed since last visit.
- Lab results reviewed.
- Medical treatment prescribed for abnormal labs.
- Initial supplement recommendations (prenatal vitamin).
- Hormone panel ordered.

Month 4:

Visit #4:

- Symptoms/cycles reviewed since last visit.
- Hormone panel results reviewed.
- Hormone treatment prescribed.
- Additional supplement recommended (Sensitol if PCOS, mucus enhancer if limited mucus).
- Ultrasound series ordered.

Month 5:

Visit #5:

- Symptoms/cycles reviewed since last visit.
- Ultrasound series reviewed.
- EMB scheduled.

Month 6:

Visit #6:

- EMB

Visit #7:

- EMB Results Reviewed.
- Antibiotics prescribed to patient and partner EMB+.
- SHSG scheduling appt scheduled.

Visit #8 (with Procedure Scheduler):

- Insurance info updated.
- Procedure deposit collected.
- SHSG scheduled (cycle days 5-10).
- Pre-procedure abstinence and pregnancy test on morning of procedure recommended.

Month 7:

Visit #9:

- SHSG

Visit #10:

- SHSG results reviewed.
- Laparoscopy with possible laser treatment of endometriosis, hysteroscopy discussed.
- Surgery scheduling appointment made.

Visit #11 (with Surgery Scheduler):

- Insurance info updated.
- Surgery scheduling deposit collected.
- Surgery scheduled.
- Pre- and Post-op appointments scheduled.
- Pre-surgical abstinence and general peri-operative/abstinence instructions given.

Month 8:

Visit #12:

Pre-Op appointment

- Surgery discussed in detail.
- Risks & benefits discussed.
- Peri-operative instructions provided.
- Pre/Post-Op prescriptions ordered.

Visit #13:

Surgery

Visit #14:

Phone check-in with Dr. Holmes to discuss surgical findings and outcome

Visit #15: (with NP)

Post-Op Appointment

- Incisions checked.
- Pathology & Microbiology reports reviewed.

Month 9:

Visit #16:

Comprehensive Management Review Visit with Dr. Holmes & NP

- Review all findings to date.
- Review fertility charts to date.
- Formulate comprehensive plan
- Robotic surgery recommendations if indicated.
- Timed intercourse v. ovulation induction +/- triggers.
- Supporting medication (thyroid), supplements, hormone therapy, etc.
- Monthly P+7 labs ordered.
- Limited series or P+4 US ordered if needed.

Month 10-24:

- Start Fertility Coaching Program.
- Symptoms/cycles reviewed since last visit.
- P+7 Labs reviewed.
- Ultrasounds reviewed.
- Medication, hormone treatment, supplements adjusted.

*-Transfer to OB or PPP after pt conceives.

Additional Work-Up:

Visit #17:

- Inflammatory Work-Up
- Gut Health and Food Sensitivity Testing

Visit #18:

- Review Gut Health and Food Sensitivity Results

- Detox and/or Treatment if needed

Visit #19:

- Anti-Inflammatory/Elimination Diet Recommendations
- Thyroid System Dysfunction Assessment (worksheet and order lab testing)

Visit #20:

- Review TSD Results
- Low-dose SR T3 Treatment if indicated
- Immune Dysfunction Assessment (worksheet and order lab testing)

Visit #21:

- Review Immune Dysfunction Assessment
- LDN or low-dose prednisone if indicated.

Visit #22:

- Adrenal Fatigue Assessment
- Cortisol Treatment if indicated (if not on prednisone)

Visit #23:

MTHFR Testing (if not already performed)

*If no pregnancy by Month 18 after initial treating surgery consider 2nd look laparoscopy.

*If no pregnancy within 2 years of initial treating surgery or 1 year of 2nd look laparoscopy consider resigning care and discuss alternative options.