



## APS Gynecology Patient RoadMap

Schedule Patient Consultations (virtual).

Prepare for appointment by completing the following:

- Collect and send medical records.
- Complete and return the new patient packet.
- Copy and send fertility chart (if charting).
- Visit our website [www.advancedprocreativespecialists.com](http://www.advancedprocreativespecialists.com) to review our healthcare philosophy and APS Gynecology Membership information.

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 WLWG.

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).
- Baseline Pelvic US Ordered.

Month 5:

Visit #5:

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

Month 6:

Visit #6:

EMB

Visit #7:

- EMB Results Reviewed.
- Antibiotics prescribed to patient (and partner) if EMB+.

Month 7:

Visit #8:

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

Visit #9 (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 #10:

Pre-Op appointment

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

Visit #11:

Surgery

Visit #12:

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

Visit #13: (with NP)

Post-Op Appointment

Incisions checked.

Pathology & Microbiology reports reviewed.

Month 9:

Visit #14:

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.
- Supporting medication (thyroid), supplements, hormone therapy, etc.
- Monthly P+7 labs ordered.

Month 10-26:

- Start Wellness Coaching Program.
- Symptoms/cycles reviewed since last visit.
- P+7 Labs reviewed.
- FU Ultrasound if indicated.
- Medication, hormone treatment, supplements adjusted.

Additional Work-Up:

Visit #15: Inflammatory Work-Up:

- Gut Health Testing

Visit #16:

- Review Gut Health Results
- Treatment if needed
- Order Food Sensitivity Testing

Visit #17:

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

Visit #18:

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

Visit #19:

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

Visit #20:

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