



MAKE
PEOPLE
WHOLE

Fertility Resource Guide

Information Packet

Be Whole

BELLA HEALTH + WELLNESS
2021

B E L L A
health + wellness

Packet Information

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Welcome to Bella!

Be whole.

We are thrilled that you have chosen us to walk with you through your fertility journey! We are excited to get to meet you and your family and be with you every step of the way. We feel honored that you have entrusted us with your care during this vulnerable season and want you to know it is so important to us that you are happy, healthy and whole!

Here in this Fertility Resource guide, you will have everything you need to know during your fertility process. This packet will explain correct Lab Timing, the Follicle Ultrasound Study, as well as the process of Semen Analysis.

We hope this Fertility Resource Guide will be helpful to you. If you have remaining questions, our team is happy to help.

Let's get started!

Meet our Fertility Care Providers

OUR EXPERT TEAM

Kathleen Sander MD, OB-GYN

Sarah Pederson MD, OB-GYN

Abby Sinnett, WHNP

Amanda Schoelenthaler, Ultrasonographer

Additionally, we have a full team of nurses, medical assistants and administrative staff here to support and care for you during each step! Please do not hesitate to let us know how we can best journey with you!

Fertility Lab Timing

We are with you every step of the way.

If your provider gives you orders for a baseline menstrual panel, this should be done on Cycle Day 3. If this falls on a Saturday, it is okay to go on Friday instead. If this falls on a Sunday, it is okay to go on Monday instead. These are done earlier in your cycle because it is a good time to get a good baseline of these hormone levels.

Here is an example of what this panel might look like:

Bella Health - Wellness - 190 E. HAMPDEN AVE, ENGLEWOOD CO 80113-2517

TEST, TINA (id #1, dob: 01/01/1980)

LabCorp (8490 UPLAND DR STE 100, ENGLEWOOD, CO, 80112)

Account#: 00211055
Reg/Control #: 131318CE0345

Collection Date: Collection Time:
Courtesy Copy:

Client / Ordering Site Information
Account Name: BELLA NATURAL WOMEN'S CARE - BELLA NATURAL WOMEN'S CARE
Address: 180 E. HAMPDEN AVE SUITE 100
City, State, Zip: ENGLEWOOD, CO 80113-2517
Phone: (303) 789-4968

Provider Information
Agency Provider: KATHLEEN MCGLYNN, MD
NPI: 1528305534
Ordering Provider: KATHLEEN MCGLYNN, MD
NPI: 1528305534

Patient Information
Patient Name: TEST, TINA
Gender: F Age: 41yo Race: Patient Declined Ethnicity: Patient Declined
Patient Address: 311 ARSENAL ST
City, State, Zip: WATERTOWN, MA 02472
Additional Information: Height: 64.0 inch, Weight: 150 lbs 9 oz

Bill Type: Patient Bill, LCA Ins Code: Worker's Comp: N

Responsible Party / Guarantor Information:
RP Name: TEST, TINA
RP Address: 311 ARSENAL ST, WATERTOWN, MA 02472

Primary Insurance Information
LCA Ins Code:
Ins Co Name:
Ins Address:
Ins City, State, Zip: ...
Group #:
Policy Number:

Secondary Insurance Information
LCA Ins Code:
Ins Co Name:
Ins Address:
Ins City, State, Zip: ...
Group #:
Policy Number:

RP Phone:
RP Relation to Pt:

Primary Policy Holder / Insured
Secondary Policy Holder / Insured

TEST, TINA (id #1, dob: 01/01/1980)

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LabCorp
EREQ
athenahealth

Order generated: 05/04/2021 03:07 PM

Orders included: 12

Abnormal uterine bleeding | ICD-10: N93.9 | Abnormal uterine and vaginal bleeding, unspecified

- 010389 | triiodothyronine (T3), free | Order ID: 1020309H9345 | BILL: Patient
- 001149 | thyroxine (T4) | Order ID: 1020309H9345 | BILL: Patient
- 004516 | estradiol | Order ID: 1020309H9345 | BILL: Patient
- 028480 | FSH and LH | Order ID: 1020309H9345 | BILL: Patient
- 004226 | testosterone, serum-004226-P | Order ID: 1020309H9345 | BILL: Patient
- 004465 | prolactin-004465-P | Order ID: 1020309H9345 | BILL: Patient
- 004100 | DHEA, serum | Order ID: 1020309H9345 | BILL: Patient
- 006676 | thyroid peroxidase (tpo) Ab | Order ID: 1020309H9345 | BILL: Patient
- 004259 | TSH-004259-P | Order ID: 1020309H9345 | BILL: Patient
- 500183 | anti-mullerian hormone (amh) | Order ID: 1020309H9345 | BILL: Patient
- 706994 | homocysteine | Order ID: 1020309H9345 | BILL: Patient
- 500181 | DHEA-sulfate, serum | Order ID: 1020309H9345 | BILL: Patient

Authorization - Please sign and Date

I hereby authorize the release of medical information related to the services described herein and authorize payment directly to Laboratory Corporation of America. I agree to assume responsibility for payment of charges for laboratory services that are not covered by my healthcare insurer.

Electronically Signed by: KATHLEEN MCGLYNN, MD

*The provider may order different labs based on your clinical situation.

Labs you may see ordered:

1. TSH + Free T4, Free T3, TPO antibodies: This is to check your thyroid function which can impact your bodies hormone balance.
2. Fasting insulin level: Please have this drawn first thing in the morning before eating or drinking anything besides water. This is a screen for insulin resistance.
3. Antimullerian Hormone (AMH): This looks at “ovarian reserve.”
4. FSH and LH: This checks the function of the pituitary gland in relation to the ovary.
5. DHEA levels: This looks at your adrenal function and precursor hormone level
6. Homocysteine levels: Folic Acid, Vitamin B6 and B12 can help to lower your homocysteine level.

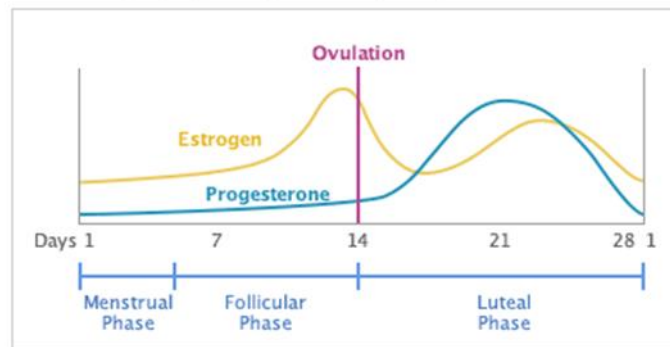
7. Prolactin: This hormone is produced by the pituitary gland and can affect your FSH level.
8. Progesterone and Estradiol: We are measuring the balance of your hormones.

Post-Peak Hormone Profile

If a provider asks you to have a post-peak hormone profile drawn, you will have your blood drawn on peak plus 4, 7, and 10. This means that once you identify your “peak day,” either by tracking your mucus or on your ovulation monitor, you will go to the lab 4 days after you identify your peak day. If you are using an ovulation monitor, please use the second peak as your peak day. If lab draw falls on Saturday, some labs are open (or you can go on Friday). If it falls on a Sunday, okay to go on Monday. These are drawn to show us if you have high/low hormone levels following ovulation.

Your post-peak hormone profile will include a standing order for progesterone and estradiol and these are the **ONLY TWO** labs the lab should be drawing on these 3 days.

Check post-peak hormone profile this cycle (this is a progesterone and estradiol levels on peak plus 4, 7 and 10)



*<https://neuroendoimmune.wordpress.com/2013/11/21/progesterone-and-the-neurotransmitters-the-under-recognized-relationship/>

*We are measuring the levels of progesterone and estradiol in the luteal phase when we check a post-peak hormone profile.

All of the labs that are ordered by your provider can be done at Bella or at an outside lab. Labcorp is our preferred lab, but we are able to send these orders to all other outside labs as well. If you would like to have your labs drawn at Bella, please call the front desk at 303-789-4968 and ask to be put on the lab schedule for the days that you need to have them drawn.

Ultrasound Timing

If your provider orders a baseline pelvic ultrasound, this will be done early in your cycle, anytime between cycle day 3 through 8. This is done early in your cycle, which is the best time to check for structural abnormalities and appearance of ovaries. This will be done at an outside imaging facility of your choice. We often send the ultrasound orders to Touchstone or Invision Sally Jobe. Please call the phone number found on your order to schedule the ultrasound. Touchstone and Sally Jobe have multiple locations. You should be able to call and schedule your ultrasound at the location that is most convenient for you.

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 TEST, TINA (id #1, dob: 01/01/1980)

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 athenahealth

Imaging Order

05/04/2021

To Provider	From Provider
TOUCHSTONE MEDICAL IMAGING - HIGHLINE 26 W DRY CREEK CIR STE 160 LITTLETON, CO 80120 Phone: (720) 889-2795 Fax: (720) 889-2812	KATHLEEN MCGLYNN, MD Main Office 180 E. HAMPDEN AVE SUITE 100 ENGLEWOOD, CO 80113-2517 Phone: (303) 789-4968 Fax: (303) 789-6018

Imaging Order Information

Diagnosis	Abnormal uterine bleeding ICD-10: N93.9: Abnormal uterine and vaginal bleeding, unspecified
Order Name	Orders included: 2 Abnormal uterine bleeding ICD-10: N93.9: Abnormal uterine and vaginal bleeding, unspecified <ul style="list-style-type: none"> • USPEL pelvic (non OB) US complete • USTRNVAG transvaginal US
Notes	

Patient Information

Patient Name	TEST, TINA
Sex - DOB - Age	F 01/01/1980 41yo
Address	311 ARSENAL ST. WATERTOWN, MA 02472
Phone	H: (000) 000-0000 M: (000) 000-0000
Primary Insurance	*SELF PAY*
Secondary Insurance	None recorded.

Electronically Signed by: KATHLEEN MCGLYNN, MD



KATHLEEN MCGLYNN, MD

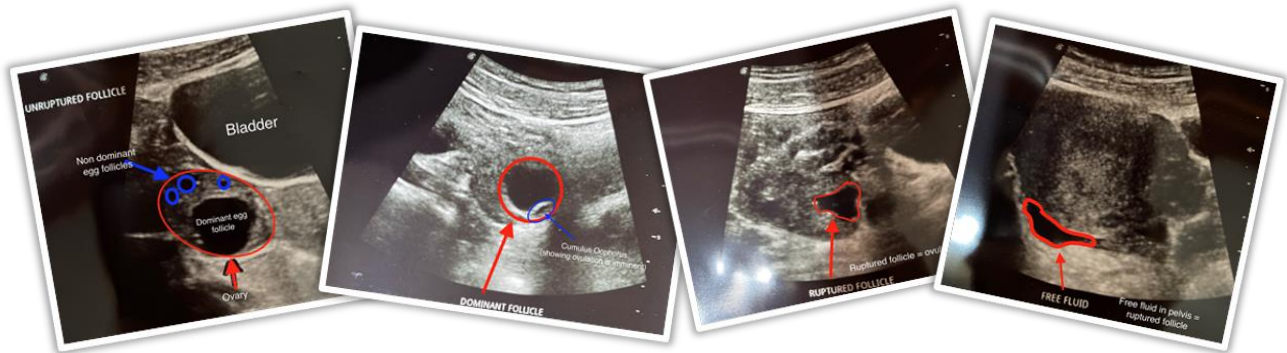
Please call to schedule:

Touchstone Imaging Highline Scheduling: (720) 889-2795

Touchstone Imaging Uptown Scheduling: (303) 248-5355

Invision Sally Jobe Greenwood Village: (720) 493-3700

Ultrasound Follicle study



What is a follicle- tracking ultrasound?

- Pelvic and/or vaginal ultrasound of uterus and ovaries.
- Tracks the size and development of an egg follicle & determines if ovulation has occurred.
- Involves a series of ultrasounds in order to monitor how your treatments are working and see if you are ovulating!

What to Expect

- Plan on getting a series of 3-4 ultrasounds following ovulation induction (use of medication to induce natural ovulation) usually every other day starting on Cycle Day 10.
- We will schedule these in office at Bella. If our timing does not work for you, we can send orders to Touchstone, Invision Sally Jobe, or an imaging facility of your choice. (It is ideal to have them all done at the same location. We prefer you to do them in office so they can be interpreted by our doctors.
- Please schedule out all ultrasounds to ensure availability for multiple ultrasounds at one location.
- If one of your anticipated ultrasounds falls on a Saturday, schedule on Friday. If it falls on Sunday, schedule for Monday. Some imaging facilities are open on Saturdays, so please check with the imaging facility of your choice for availability (Bella is only open M-F).

After Your Ultrasound

- After the ultrasound, if done outside the office, please call and leave a message on the nurse line or send a portal message to the “fertility nurse” to let us know: (1) That you have had your first ultrasound and (2) What cycle day it was on.
- We will then let you know if you need another ultrasound done. You can expect a phone call or portal message with your results within 48 hours of us receiving the ultrasound results.
- If you have not heard from us in 48 hours, please call the office.

We recognize that this process requires your commitment, cooperation and time. We want to be here to support you throughout this step of your fertility journey. Please let us know if you have any questions!

Semen Analysis

What is a Semen Analysis?

A semen analysis evaluates certain characteristics of a male's semen and the sperm contained therein. It is done to evaluate male fertility.

What should I expect when I am told I can complete Semen Analysis?

We will send you with a paper order to Conceptions and a collection kit. This includes a perforated condom and a specimen collection cup.

After intercourse, please transfer the semen from the condom to the collection container. The specimen must be delivered to Conceptions within 30 minutes of collection.

Conceptions will require an appointment. Keep the specimen close to your body to keep it warm on the way to dropping it off.

There are several Conceptions locations listed on the order form: Denver, Littleton, Lafayette and Lone Tree. You can choose whichever is most convenient for you.

When should I expect my results?


You can expect results back within two weeks of delivering your sample. It can often take a few days for the result to cross into our system.

What if there is something wrong?

Your provider will review the parameters of the semen analysis results with you. Sometimes supplements are recommended to help improve some of the sperm quality categories and in other cases your provider may recommend consultation with a urologist for further evaluation

What is the cost?

The cost of the collection kit is \$35+tax. The cost of a semen analysis at Conceptions with the results directly to the ordering provider at Bella is \$75. That is the way it is usually ordered. If you prefer to additionally receive a copy of the



results directly from Conceptions, please notify the ordering provider before the order is sent, and also be aware there is an extra cost for that service.

Can I have a Semen Analysis done somewhere else besides Conceptions?

Yes. If you would like a semen analysis done elsewhere, you will be responsible for finding a location and providing us with the information on where to send the order. We can arrange mailing a semen analysis collection kit to you.

IMPORTANT CONTACT INFO

Bellawellness.org

OFFICE HOURS

Monday-Friday: 7:30 am-5 pm.

We are closed for lunch from 12:30 pm-1:30 pm during the week.

OFFICE ADDRESS

180 East Hampden Avenue, Suite 100
Englewood, Colorado 80113

P: 303-789-4968

F: 303-789-6018

W: bellawellness.org

E: info@bellawellness.org

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