



## Studies for your Fertility Evaluation

### Cycle Day 1-3

#### **Baseline hormone levels and ultrasound exam**

These blood tests assess for ovarian reserve (as reflected in your baseline FSH and estradiol levels) as well as hormonal imbalances (e.g., thyroid gland). The ultrasound exam assesses the ovaries for the antral follicle count, another test of ovarian reserve.

### Cycle Day 5-12

#### **Hysterosalpingogram (HSG)**

#### **Sonohysterogram (SHG)**

These tests involve the injection of contrast (with the HSG) or sterile saline (with the SHG) through the cervix and into the uterine cavity. The SHG will evaluate the anatomy of your uterine cavity in detail whereas the HSG assesses both the uterine cavity and the fallopian tubes to check for intrauterine abnormalities or tubal blockage. You may experience cramping during this study so you should take Tylenol or Advil approximately one hour prior to your scheduled appointment.

### Cycle Day 10-16

#### **Follicle monitoring**

An ultrasound exam will be performed to measure the size, shape and rate of growth of the developing follicle, which contains the maturing egg. In addition, hormonal blood tests will be obtained to assess for ovulation. This process enables us to determine if you are ovulating and when it will occur.

### Male partner testing

#### **Semen Analysis**

This test evaluates the quality of sperm (number, motility and shape). It is important that your partner abstain from ejaculation for 3 to 5 days prior to producing the sample in order for the test to be meaningful. The sample can be collected at home provided that it can be brought to the testing lab within one hour of production