

Fertility

The more information, the better! Please bring your clinical notes or BBT* charts to the first appointment.

Fertility diagnosis. Please list:

Fertility treatments. Please list:

Sex: how often a week?

Do you practice fertility-focused sex?

Does cervical mucus change across the month?

How many days of fertile mucus?

Female Fertility

Female tests completed:

- STI test*
- BV test*
- Pelvic ultrasound
- Hysteroscopy
- Laparoscopy
- Lap and Dye/HyCoSy/HSG
- Follicle tracking
- Endometrial biopsy
- Doppler ultrasound

Which blood tests?

- Thyroid (TSH, T₄, T₃)
- Estrogen
- Progesterone
- Testosterone
- FSH
- LH
- AMH*
- Immune status

Male Fertility

Does the man have?

- Diabetes
- A varicocele
- Hypertension
- Heart disease
- Hypothyroidism
- A neurological disorder
- An immune disorder
- Chronic renal failure
- Chronic stress
- Cancer

Drugs: is the man taking?

- Prescription drugs
- Steroids
- Recreational drugs
- Alcohol
- Nicotine
- Antibiotics
- Anti-inflammatories (NSAIDS)

Tests

What tests has he had?

Has the man had?

- Lower abdominal surgery
- Mumps as an adult

- Urogenital infection(s)
- Trauma to his testes

Male Function: Have tests revealed?

- Low testosterone
- Low sperm count
- Poor morphology
- Poor motility
- Lack of libido

- Abnormal pH
- Abnormal viscosity
- White blood cells in samples
- Anti-sperm antibodies
- Erectile dysfunction
- High DNA fragmentation levels

Date of last semen analysis:

Age of the man:

*STI: sexually transmitted infections. BV: bacterial vaginosis. AMH: anti-Mullerian hormone. BBT: basal body temperature charting