

Streamlined Infertility Work-Up

Test Both Partners Simultaneously for an Appropriate Diagnosis

For patients struggling to conceive, the first step on the path to parenthood is identifying all the factors that might be contributing to a couple's infertility. The specialists at Shady Grove Fertility are committed to making the diagnostic process as streamlined, efficient, and personalized as possible to ensure patients receive the best care. This is done through a basic infertility work-up that includes testing of both the male and female partner.

THE 4 KEY TESTS

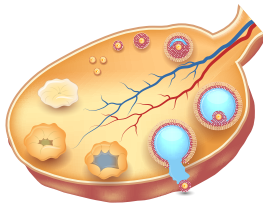
There are four simple tests used to assess the key components of conceiving and sustaining a pregnancy—

egg, sperm, and female anatomy.

- Day 3 blood hormone levels
- Transvaginal ultrasound
- Hysterosalpingogram (HSG)
- Semen analysis

In the majority of cases, this information is enough to indicate the cause of infertility and an appropriate treatment plan. Other tests such as a postcoital test, clomiphene citrate challenge test, and even routine laparoscopy are no longer indicated because the results do not change the treatment plan.

Egg



DETERMINE

Is the patient ovulating?
What is the ovarian reserve?

TESTS

Day 3 Blood Hormone Levels:

- Follicle-stimulating hormone (FSH)
- Estradiol (E2)
- Anti-Müllerian hormone (AMH)
- Luteinizing hormone (LH)
- Thyroid stimulating hormone (TSH)

Day 3 Transvaginal Ultrasound

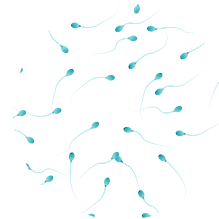
- Antral follicle count (AFC)

Evaluation of Menstrual History

WHAT THE RESULTS TELL US

Low ovarian reserve may be indicated by elevated FSH or E2 levels or decreased AMH and can be evaluated via transvaginal ultrasound.

Sperm



DETERMINE

What is the count and quality of sperm?

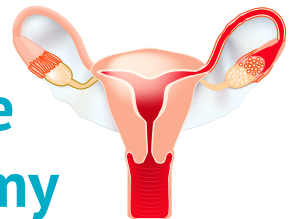
TESTS

Semen analysis

WHAT THE RESULTS TELL US

Low sperm count, low motility, and abnormal morphology all inhibit the sperm's ability to penetrate the egg for conception.

Female Anatomy



DETERMINE

Are the Fallopian tubes open and normal?
Is the uterus a normal shape?

TESTS

Transvaginal ultrasound
Hysterosalpingogram (HSG)

WHAT THE RESULTS TELL US

Fallopian tube blockages or the presence of hydrosalpinx (fluid-filled tube) can be identified via HSG.

Uterine shape abnormalities or anomalies such as fibroids, polyps, or scar tissue can be assessed.



shady grove fertility

9600 Blackwell Road, 5th Floor
Rockville, MD 20850

SHADY GROVE FERTILITY

Refer Your Patients with Confidence

1.888.348.5599



shady grove fertility

MEDICAL UPDATE

Know When to Suggest an Infertility Evaluation

Women age 35 or younger. Suggest a work-up after the couple has been having unprotected intercourse without success for **1 year**.

Women age 35 to 40. Suggest a work-up after the couple has been having unprotected intercourse without success for **6 months**.

Women age 40 or older. Suggest a work-up **immediately** due to a significant loss of ovarian reserve common in this age group.

Women with known risk factors for infertility. Suggest a work-up for women with irregular menstrual cycles or known risk factors for infertility, such as endometriosis, a history of pelvic inflammatory disease, bilateral tubal occlusion, or partners with severe male factor infertility.

**LEARN ABOUT 4 BASIC TESTS TO
EVALUATE SUSPECTED INFERTILITY** ▶

