

ORDERING HORMONE PANELS- INSTRUCTIONS & EDUCATION

ORDERING HORMONE PANELS:

- you may be asked to do either one or both types of panels discussed below.
- hormone levels are specifically timed and orders must be placed expeditiously for accurate timing.

1. Post-Peak Progesterone & Estradiol Panels:

- this panel is done for most NaPro patients to diagnose a **“Luteal Phase Deficiency (LPD)”**.
- call me right before you go to bed on your P+1 (ph: 314-888-5233, ext 1111) and leave a VM.
- please be specific about dates, for example: *“Today is Monday, Jan 22nd and it was my P+1. My P+3 will be on Jan 24th.”*
- I will place a “standing order” for progesterone and estradiol to be drawn every day starting on your P+3. You will NOT need to go daily, but you will do your best to have the following lab draws.
- P+3, P+5, P+7, P+9 and P+11 days correlated to your CrMS chart.
- If P+3 falls on a Sunday, go on P+4, and then go the next day on P+5.
- If P+11 falls on a Sunday, go on P+10, then stop lab draws.
- If a P+5,7,9 falls on a Sunday, you may go on the Saturday before or the Monday after.
- please **send a horizontal image of your chart** via the **patient portal** to me on P+2, so I can confirm the panel will be timed correctly.
- you may enjoy following your hormone level results [here](#).

2. Peri-ovulatory Estradiol panel:

- this panel is done specifically for *Infertility* patients.
- start your lab draws a day or two after your period flow ends.
- I will place a standing order for labs to be drawn every day for about 5-6 blood draws. You do not need to go daily. Most often, you will start lab draws right after your period ends.
- the goal is to have at least 3 labs drawn every other day prior to your Peak day, and one lab drawn after your Peak day. Thus, stop as soon as you have one blood draw after your Peak day.
- please **send a horizontal image of your CrMS chart** via the **patient portal** after your last blood draw.

IMPORTANT:

- hormone levels vary from lab to lab and throughout different times of the day.
- when you are having panels drawn, please go to the same lab facility for each lab draw, and try to have your blood drawn around the same time of day, each day (a 2-hr window is acceptable).

FOLLOW UP VISIT:

- please [book your follow up appt with me](#) as soon as possible, so we can review your hormone panels in a timely fashion, in order to ensure there is no delay in your NaPro diagnostic evaluation or treatment.

EDUCATION:

- the purpose of the hormone panels is to diagnose hormone deficiencies, which are very common in Infertility & Recurrent Pregnancy Loss (RPL), premenstrual syndrome (PMS), Polycystic Ovarian Disease (PCOS), endometriosis and during perimenopause.
- more information about Infertility & RPL can be found [here](#).
- more information about PCOS can be found [here](#).
- more information about endometriosis can be found [here](#).
- more information about PMS can be found [here](#).
- more information about perimenopause can be found [here](#).