

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)”**.
- I will place a “standing order” for progesterone and estradiol to be drawn every day.
- the goal will be to obtain lab draws on P+3, P+5, P+7, P+9 and P+11 matched 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 the day you had your first lab drawn, 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 draw on CD8.
- I will place a standing order for estradiol to be drawn every day.
- you should go to the lab EVERY OTHER day until you have one lab drawn after your Peak day.
- If one of your days falls on a *Sunday*, it may be helpful if you one additional lab drawn on either the Saturday before or the *Sunday* after. In other words, you may have two labs done consecutively.
- please **send a horizontal image of your chart** via the **patient portal** to me on the day you had your first lab drawn, so I can confirm the panel will be timed correctly.

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](#).