

## NAPRO EVALUATION – FIRST VISIT INSTRUCTIONS & EDUCATION

### **STEP 1: CrMS CHARTING (today or tomorrow):**

- The [Creighton Model System \(CrMS\)](#) of charting is the foundation of NaPro Technology management.
- Please choose a Fertility Care practitioner (FCP) [here](#).
- Please add the *length of your post-peak phase (PPP)* and your *mucus cycle score (MSC)* to the R-margin of your chart. Your FCP will have to calculate your MCS for you.
- Please email me ([naprochart@gmail.com](mailto:naprochart@gmail.com)) an image of your CrMS chart **2 days** prior to **each FU visit**.

Please consider watching the following video presentations, which will help you understand the NaPro work up and CrMS charting:

- [Intro To NaPro Technology- Gynecological & Obstetrical Care](#)
- [Biomarkers of the Creighton Model Charting System](#)



### **STEP 2: LABS: (Cycle Day 3, FASTING, prior to 8:00 AM)**

#### a) Health Labs:

- CBC, CMP, vitamin D levels

#### b) Reproductive Labs:

- FSH, LH and estradiol
- prolactin levels: no nipple stimulation, sexual intercourse or rigorous exercise for 48 hrs prior to this test.

#### c) androgen profile

#### d) thyroid panel

#### e) hyperinsulinemia evaluation

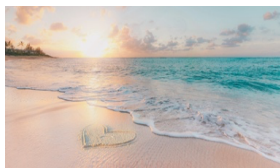
- glucose/insulin 3 specimen testing (fasting, 1 hr, and 2 hr blood draws)
- this test may be separated from the others and done on any cycle day, since you have to stay for 3 hrs.
- If you must go to LabCorp, you may wish to call first to ensure they have the Glucola drink. More information about this testing can be found [here](#).

### **STEP 3: IMAGING: (Cycle Day 5 preferred, cycle day 6 ok)**

- Pelvic Ultrasound

### **STEP 4: FIRST FOLLOW-UP VISIT**

- please [schedule a FU appt with me](#) today to ensure there is no delay in your treatment.
- You can always cancel or change your appt.
- during this visit, we will discuss test results and next steps in your NaPro evaluation and treatment plan.
- if any test results are urgent, I will call you. Otherwise, all results will be discussed at your next FU visit.
- during this visit, we will also discuss drawing hormone panels, timed to your CrMS chart, as long as you have completed 2 mos of charting AND you can confidently identify your Peak day.
- Norms for hormone panels can be found [here](#).



Please review the information we discussed today on my *Queen of Hearts* website [here](#).

### **REFERRALS:**

- you may consider working with a dietitian/nutritionist to optimize your fertility and reproductive health. Recommendations can be found [here](#).
- you may consider working with a Cognitive Behavioral Therapist to help manage anxiety, depression, or disordered eating patterns. Recommendations can be found [here](#).