

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 leave your full name and be clear and 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” directly into *LabCorp* or *Quest* for progesterone and estradiol to be drawn every other day starting on your P+3.
- have your blood drawn 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 for a 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 email an image of your chart to: naprochart@gmail.com 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 other day for about 5-6 blood draws.
- 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 email an image of your CrMS chart after your last blood draw to naprochart@gmail.com

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](#).