

RECURRENT PREGNANCY LOSS – INSTRUCTIONS & EDUCATION

RECURRENT PREGNANCY LOSS (RPL):

- the cause of RPL is almost always multifactorial, which could include, but not be limited to: polycystic ovarian syndrome, endometriosis, chronic endometritis, luteal phase deficiency, and or perhaps an ovulation disorder.

HYPERCOAGULABLE LABS:

- for women experiencing recurrent pregnancy loss, I would like to order labs in addition to what is outlined in the “*NaPro Evaluation – First Visit Instructions & Education*” handout.

****please call insurance company to ask about the co-pay for these labs. If not covered they may be very expensive.**

- anti-cardiolipin Igg
- Beta-2 glycoprotein Igg
- Lupus anticoagulant
- FV Leiden mutation

MEDICAL RECORDS:

- if you have recently been seen for RPL by another medical provider, please ask that provider to FAX me the last office visit note in addition to results for labs, imaging, and procedures done. Please include, **Atten: Sharon Best, PA-C** in the cover sheet. **FAX # 216-946-5932.**

EDUCATION:

Guideline Recommendations for hypercoagulable Labs:

- MTHFR, Protein C/Protein S, and Antithrombin III are no longer recommended.
- premise behind change is that treating w/ low dose aspirin does not decrease pts risk of having another miscarriage, but rather causes patient to have undue anxiety.
- daily use of low dose aspirin has also recently been found to be often more harmful than beneficial b/c it increases pts risk of GI bleed and cerebral hemorrhages (brain bleeds).
- more information regarding Infertility & RPL can be found [here](#).
- more information regarding PCOS can be found [here](#).
- more information about endometriosis can be found [here](#).
- more information about Luteal Phase Deficiencies and Ovulation disorders can be found in the [Intro To NaPro Technology- Gynecological & Obstetrical Care](#) lecture.

