

## 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 send a **horizontal image** of your CrMS chart via the **patient portal 2 days prior to each FU visit** (see Handout 1b for step-by-step directions.)

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:

**\*\*To be done on CD3, FASTING, prior to 8:00 AM** \*if CD3 falls on a Sunday, go on CD4.

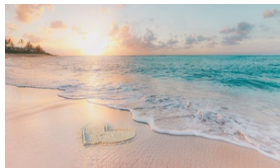
- a) Health Labs: CBC, CMP, vitamin D levels. Will draw lipids and HbA1C as indicated.
- b) Reproductive Labs: FSH, LH, estradiol and a prolactin level.
- for prolactin: no nipple stimulation, sexual intercourse or rigorous exercise for 48 hrs prior to this test.
- c) androgen profile
- d) thyroid panel
- e) hyperinsulinemia evaluation
- most often we will start with a fasting insulin level
- if indicated, I will request a 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:** **\*\*To be done CD5** \*If CD5 falls on a Sunday, send me a portal message to req CD4 or CD6.

- Pelvic Ultrasound

### STEP 4: FIRST FOLLOW-UP VISIT

- We will schedule your next follow up appt together. 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 two mos of charting AND you can confidently identify your Peak day.
- Norms for hormone panels can be found [here](#).
- It is highly recommended that *Infertility* patients are seen every two months, until I have you pregnant or medically managed well. Typically, by 6-8 mos, we should have identified diagnoses and begun medical treatments. If indicated, you will be referred to a NaPro surgeon.



Please review the information for your specific reason for seeing me on my *Queen of Hearts* website [here](#).

Please consider joining me as I pray for you [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 through self-help videos and/or reaching out to a certified therapist to help manage stress, anxiety, depression, disordered eating, etc... More info can be found [here](#).