



# Talking with your OBGYN about fertility

If you've been actively trying to get pregnant, but haven't seen results, you want to know what's causing the holdup.

**That means it's time to talk to your OBGYN about testing.**

This guide can help you talk to your OBGYN or fertility specialist. Read through the document and complete as much information as you can. Then bring it on your phone or tablet to your next appointment to review your answers and any additional questions.

**TEST ORDERING INSTRUCTIONS FOR YOUR DOCTOR ►**

## How to begin



We've been trying to get pregnant, but haven't been able to yet. So, during our appointment today, I'd like to ask some questions about my fertility and my options for making that happen...



**After my physical exam, can you tell me if you see any issues that could impact my chances of getting pregnant?**

Examples: Blocked fallopian tubes, cysts, or fibroids



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

My periods are usually  regular or  irregular.  
How could that affect my fertility?

I stopped birth control \_\_\_\_ months ago and we've been actively trying for \_\_\_\_ months. At what point should I be concerned about our fertility?

## Share concerns with your doctor

**Discuss any health conditions that could affect your fertility.**

**Examples for women:** Endometriosis, pelvic inflammatory disease, or polycystic ovarian syndrome (PCOS)

**Examples for men:** Small testicles, swelling in the scrotum, or testicular or prostate conditions

Me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My partner:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Discuss any family history of fertility issues.**

Me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My partner:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Discuss all of the medications, vitamins, supplements, or recreational drugs you or your partner are taking.**

**Examples:** Cancer treatments, epilepsy medications, NSAIDs, psychiatric medications, or steroids

Me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My partner:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Discuss any lifestyle habits that might affect your fertility.**

**Examples:** Alcohol, diet, exercise, or smoking

Me:

- \_\_\_\_\_
- \_\_\_\_\_

My partner:

- \_\_\_\_\_
- \_\_\_\_\_

## Request testing from your doctor

“ I’m ready to get fertility testing to get a better idea of my path to pregnancy. Understanding any issues with egg supply or semen quality can help my partner and I take action sooner.

Based on what we’ve just talked about, could you order these tests for myself and my partner?\*

”

**Egg supply testing** with [ReproSource Ovarian Assessment Report \(OAR\)<sup>™</sup>](#)



**Semen analysis**  
with [ReproSource @Home Collection](#)

[DETAILS FOR YOUR DOCTOR ►](#)

## GETTING TEST RESULTS

**OAR and @Home Collection test results are sent to your doctor. Schedule a follow-up appointment to review your results and decide the best way to move forward in your fertility journey.**

## Next steps

For me:

For my partner:

For my doctor:

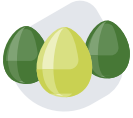
Do you have any other recommendations for ways to improve my path to pregnancy?

## Questions and notes

Ask any additional questions you have or take notes from your conversation.

# Details for your doctor

ReproSource OAR and @Home Collection tests may be ordered at any time by OBGYN doctors, nurse practitioners, or fertility specialists.



## FEMALE ADVANCED FERTILITY TEST

### Egg supply testing with ReproSource Ovarian Assessment Report (OAR)

*Measures 5 hormones, including AMH, inhibin B, FSH, and estradiol.*

- Using a single blood sample, the OAR provides a highly accurate assessment of a woman's egg supply.
- The results include an Egg Supply Score based on the number and quality of eggs, as well as age and level of hormones.
- **Sample collection:** Healthcare provider takes a blood sample between 24 and 96 hours after the start of patient's menstrual flow, when the estrogen level is lowest.
- **Getting results:** The turnaround time for results is 48 hours.
- **Test code:** P0605 for OBGYN, 600 for REI

[MORE DETAILS FOR DOCTORS](#) ↗



## MALE ADVANCED FERTILITY TEST

### ReproSource semen analysis with @Home Collection

*Reports on 21 parameters, including concentration, motility, morphology, and inflammation markers.*

- The @Home Collection accurately analyzes the quantity, movement, and shape of sperm cells.
- A temperature-controlled shipping container provided in the kit preserves the semen until it is tested by the ReproSource fertility lab.
- **Sample collection:** A semen sample is collected by the patient in the privacy of home and returned to the lab in a pre-paid package.
- **Getting results:** The turnaround time for results is within 48 hours after the sample is received by the lab.
- **Test code:** P7203

[MORE DETAILS FOR DOCTORS](#) ↗

# Connect with ReproSource

To order or get more information about these fertility tests, reach out to ReproSource.

- **ReproSource Ovarian Assessment Report (OAR)<sup>™</sup>**  
Test code: P0605 for OBGYN, 600 for REI
- **ReproSource @Home Collection**  
Test code: P7203
- **Direct line for doctors: [800.667.8893](tel:800.667.8893)**
- **[ClientServices@ReproSource.com](mailto:ClientServices@ReproSource.com)**



**Scan QR code** to request a call from the ReproSource client services team.

For patients: [FertilityTestingforUs.com](https://www.fertilitytestingforus.com)

For clinicians: [ReproSource.com](https://www.ReproSource.com)

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