

How do I know what labwork & testing I need to get done?

Intro:

If you are getting started on your fertility journey or if you have not had any basic fertility labwork done then my recommendation is for you to start with these tests:

1. Sklar Fertility Panel – should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.
2. Sklar Full Panel - make sure you fast for at least 10 hours prior to that lab test.
3. HSG
4. Male Semen Analysis
5. Progesterone should be tested 7 days post ovulation, so in a standard 28 day cycle that would be Day 21.

These 4 tests will let you know where you and your partner stand with regards to your overall health, your hormone values, the health of your ovaries, eggs and uterus, and your partners sperm. This will make it easier to make decisions and plan your path.

Lab Testing for PCOS:

If you suspect you might have PCOS (watch the PCOS presentation under week 1 to know more about PCOS) get the **Sklar PCOS Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Serum Hormone Panel - FSH, LH, E2, Testosterone (free and total), DHEA, Prolactin, AMH - *FSH/LH/E2 should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.*
- Lipid Profile
- Metabolic Profile including HgA1C

The above tests should be easy to get and your GP or OBGYN. The below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Hormone Panel through Precision Analytical
- Adrenal Profile (can be done with a comprehensive DUTCH Panel)



Lab Testing for Thyroid:

If you suspect you might have a thyroid condition (watch the thyroid presentation under week 1 to know more about it) get the **Sklar Thyroid Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- TSH, T4, T3, Free T4, Free T3, TBG, Reverse T3, T3 Uptake, TPO AB
- Antithyroglobulin AB
- Additionally a Sklar Full Panel may be beneficial to get a complete picture of other systems that are also being affected.

The above tests should be easy to get and your GP or OBGYN. These tests are also the basic thyroid tests you should have done to begin looking at your thyroid. The below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Adrenal Stress Profile from Precision Analytical
- Comprehensive Stool Analysis from Doctor's Data
- Organic Acids Test from Genova Labs

Other tests to be considered depending on the severity of the case and the desires of the patient:

- Cyrex Array 4 Cross Reactive foods
- Cyrex Array 5 Multiple Autoimmune Reactivity Screen

Lab Testing for Uterine Fibroids:

If you suspect you might have uterine fibroids (watch the fibroids presentation under week 1 to know more about it) get the **Sklar Fertility Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Serum Hormone Panel (this would correspond to the Sklar Fertility Panel) - FSH/LH/E2 should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.
- Ultrasound
- Sonohystogram

In Addition, the below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Hormone Panel from Precision Analytical
- Comprehensive Stool Analysis from Doctor's Data



Lab Testing for Endometriosis:

If you suspect you might have endometriosis (watch endometriosis presentation under week 1 to know more about it) get the **Sklar Fertility Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Serum Hormone panel (This corresponds with the Sklar Fertility Panel) - FSH/LH/E2 should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.
- Serum: CRP, Sed Rate, Homocysteine, Lipid profile, ANA
- Laparoscopy/Ultrasound

In Addition, the below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Hormone panel from Precision Analytical
- Comprehensive Stool Analysis from Doctor;s Data
- Food Allergy testing – can be ordered from Meridian Valley Labs, Alcat or MRT
- Possible testing for other autoimmune issues

Lab Testing for POF and Advanced Maternal Age:

If you have been diagnosed with Premature Ovarian Failure or Advanced Maternal Age (watch the Premature Ovarian Failure or Advanced Maternal Age presentation under week 1 to know more about what could be going on) get the **Sklar Fertility Panel** and the **Sklar Full Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Serum Hormone panel (This corresponds with the Sklar Fertility Panel) - FSH/LH/E2 should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.
- ADD HERE CORRESPONDENCE TESTING FOR SKLAR FULL PANEL

In Addition, the below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Hormone panel from Precision Analytical
- Homocysteine – if you do the Full Sklar Panel, this is included in this.
- Ultrasound to see how your ovaries look



Lab Testing for Recurrent Miscarriage:

If you have had various miscarriages (watch the miscarriage presentation under week 1 to know more about what could be going on) get the **Sklar Miscarriage Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Sonohystogram
- Sperm DNA Fragmentation Test
- Generic testing
- Vitamin D
- HgBA1c
- Beta 2 Glycoprotein
- Lupus Anticoagulant
- ANA
- RA
- Full Thyroid Panel with Antibodies
- Factor V Leiden Gene Mutation
- Factor II (Prothrombin) Gene Mutation
- Methylene Tetrahydrofolate Reductase (MTHFR) Gene Mutation
- Natural Killer Cell Activation Assay
- Natural Killer Cell Activation/IVIg Assay

This next series of blood work can be looked at if you ran all the above labs and they are all normal and you are unable to determine what the cause is.

- Intracellular Tumor Necrosis Factor (TNF) Alpha Assay
- Quantitative Immunoglobulin
- Antiphospholipid Antibodies
- Anticardiolipin antibodies IgG, IgM, IgA
- Antiphosphoglycerol antibodies IgG, IgM, IgA
- Antiphosphoserine antibodies IgG, IgM, IgA
- Antiphosphoethanolamine antibodies IgG, IgM, IgA
- Antiphosphatidic acid antibodies IgG, IgM, IgA
- Antiphosphoinositol antibodies IgG, IgM, IgA
- Activated partial thromboplastin time (APTT)



Lab Testing for Unexplained Infertility:

If you have Unexplained Infertility (watch the Unexplained Infertility presentation under week 1 to know more about what could be going on) get the **Sklar Fertility Panel, Sklar Thyroid Panel, Sklar Full Panel** (follow instructions on RESOURCES page, on the membership site) OR ask your physician for the following labs:

- Serum Hormone Panel (this would correspond to the Sklar Fertility Panel) - FSH/LH/E2 should be done on Day 2, 3 or 4 of your cycle. Day one should be counted as the first real day of bleed.
- Ultrasound
- Sonohystogram

In Addition, the below tests will not be tests they are probably familiar with. You may need to contact the company directly. These are tests that I order for patients once I do a full assessment of their condition and determine they need this. We do NOT have links in My Fertility School to order these tests.

- DUTCH Adrenal Stress Profile from Precision Analytical
- Comprehensive Stool Analysis from Doctor's Data
- Organic Acids Test from Genova Labs
- Full Autoimmune Panel