
Screening Checklist

This list details the screening tests you may need to complete before you start the egg freezing process. If you have had any of these tests done recently, please bring the results with you to your fertility assessment or send them over prior to your appointment so we can review them. We may not need to repeat them.

Required tests:

- Anti-Mullerian hormone (AMH).** This blood test is generally only done in the context of a fertility-focused visit, so you may not have had it done previously. We can easily do it at your Fertility Assessment.
- Complete blood count (CBC).**
- Thyroid stimulating hormone (TSH).**
- A complete sexually transmitted infection (STI) screening,** including the following (all are blood tests except where noted):
 - Hepatitis B Surface Antigen
 - Hepatitis C Antibody
 - HIV I and II
 - Gonorrhea and chlamydia (either a urine test or a cervical swab)
 - Syphilis (RPR or VDRL)

Recommended tests:

We want to make sure you are in good health before you proceed with egg freezing! These tests don't relate directly to our process, but they're important for you to keep up-to-date.

- A Pap smear.** While cervical cancer screening is changing constantly, the American Congress of OB-GYN still recommends annual pelvic examinations and periodic Pap testing.
- A mammogram.** Most experts recommend a combination of examinations and annual mammography beginning at age 40-50 for routine breast cancer screening. If you are 40 or older and would like to have a mammogram before freezing your eggs, we can help arrange this for you.

Optional tests:

- ❑ **Genetic screening.** Blood tests are available to help *estimate* your risk of passing a specific genetic disease to a child, but determining the true risk typically requires information from the genetic father. Therefore, genetic testing may not be helpful for women wanting to freeze their eggs. Your physician can discuss genetic testing in greater detail at your consultation.

Most of these tests are valid for about a year, so we encourage you to check with the healthcare team to see if you need to redo any of the tests. If you do, that's no problem. The healthcare team at our offices can do the tests, you can arrange to have them done by your OB/GYN or primary care provider, or you can go directly to a lab to have your blood drawn.

Please note: your health insurance plan may *require* the use of a *specific lab*, so please contact your health insurance company to find out if there is a lab (LabCorp, Quest, Shiel, etc.) that is their "preferred provider." If your insurance doesn't cover these blood tests, please let us know, and we can advise you about completing them for about \$250.

Extend Fertility Medical Practice Screening Checklist

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