

## Email Cycle Review Instructions:

1. Please send us your Creighton Model charting by scanning or taking a photo of your chart and attaching it as a pdf file or jpg file.
  - a. Please put your full name (first and last) and your date of birth (DOB) on each side of your chart.
  - b. Please look at your attachment to be sure that we can see/read the entire chart (Especially days 17 and 18).
  - c. Okay to have multiple attachments.
2. Please answer the following questions regarding your cycle:
  - a. Is this a normal period?
  - b. Please describe your mucus for this cycle (quality and quantity).
3. Please give us a list of all the medications and supplements you are taking.
  - a. Let us know if you need any medications refilled
  - b. Please give us your pharmacy name and phone number (first email only)
4. What fertility medication(s) or supplements is your spouse taking?
5. Please list your questions.
6. Please start a new email with each cycle review as opposed to attaching to last month's cycle review.
7. Our goal is to improve our response time from your physician.
8. If you do not hear from us in time, your doctor wants you to continue all of your medications from your previous cycle
  - Exceptions: if you had an ovarian cyst seen by ultrasound or abdominal pain post peak **do not** take your ovulation stimulating medications (Clomid, Femara, HCG or Fostimon). Please talk with one of the nurses first.
9. If you both call and email, the process gets complicated and causes a delay in getting a response back to you.
10. We thank you in advance for helping the nurses be able to meet your needs.