



Polycystic Ovarian Syndrome (PCOS) Screening Referral

Your physician has referred you to the Fertility Centers of Illinois for a PCOS Screening.

Referred Patient (please print)

Date

Referring Physician (please print)

Referring Physician Signature

Referring Physician Phone

FERTILITY CENTERS
OF ILLINOIS

CENTERS OF
EXCELLENCE

The Fertility Centers of Illinois, Centers of Excellence Program in Polycystic Ovarian Syndrome represents one of our many areas of expertise in reproductive medicine and serves as part of our continuing efforts to improve fertility evaluation and treatment for our patients. This means that, as a patient, you will have access to one of the nation's most experienced teams of fertility specialists and cutting-edge reproductive solutions.

What to expect at your PCOS screening?

Between days two and four of your menstrual cycle, or any day that you do not get your period, you will be required to schedule an appointment at a Fertility Centers of Illinois facility in your area. During that appointment, you will:

- Complete a brief questionnaire and have your Body Mass Index (BMI) evaluated*
- Have blood drawn to evaluate your hormone and glucose levels*
- Receive blood pressure screening
- Receive a trans-vaginal ultrasound to visualize your ovaries*

Within one week of your PCOS screening appointment, you will:

- Receive the results of your screening, including your physician's evaluation and treatment recommendation
- Should your PCOS screening uncover any abnormalities, you will be advised to schedule an appointment for further consultation with a Fertility Centers of Illinois physician, physical examination and/or additional testing (as required)

*Refer to the back of this form for further details.

For additional information about Polycystic Ovarian Syndrome and the PCOS screening, visit fcionline.com/PCOS.
To schedule an appointment, contact the Fertility Centers of Illinois Patient Services Team at 877.324.4483.

Buffalo Grove

Chicago

Crystal Lake

Glenview

Highland Park

Hoffman Estates

Lindenhurst

Oakbrook Terrace

Orland Park

Warrenville/Naperville

FERTILITY CENTERS OF ILLINOIS®

POLYCYSTIC OVARIAN SYNDROME (PCOS) SCREENING

1. Complete a brief questionnaire:

Questions about signs/symptoms associated with PCOS

2. Have your Body Mass Index (BMI) evaluated:

Calculated by height and weight

3. Have blood drawn and tested:

All blood tests are explained to the right.

4. Receive a blood pressure screening

5. Receive a trans-vaginal ultrasound:

An ultrasound is an imaging procedure to visualize the internal organs/structures. It is completed trans-vaginally between the second and fourth day of the menstrual cycle. Trans-vaginal ultrasound is limited to the ovaries and intended to assess the number of follicular cysts and a specific "PCOS Appearance" (similar to a string of pearls on the ovary).

Note: Certain tests will require 12-hour fasting

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Experience never mattered more.™

Luteinizing Hormone (LH)

The LH helps regulate the menstrual cycle and egg production (ovulation). The LH blood test evaluates the amount of LH in the bloodstream. LH levels vary based on the menstrual cycle phase. Elevated LH enhances production of androgen (a hormone typically produced in higher amounts in males). Elevated LH coupled with diminished Follicle Stimulating Hormone (FSH) can hinder the ovary's ability to convert androgens into enough estrogens for developing follicles to mature.

Lipid Panel *fasting required*

Women with PCOS are at higher risk for developing cholesterol abnormalities. The Lipid Panel blood test measures lipids-fats and fatty substances used as an energy source. Lipids include cholesterol, triglycerides, High-Density Lipoprotein (HDL) and Low-Density Lipoprotein (LDL).

Thyroid Stimulating Hormone (TSH)

Thyroid dysfunction can interfere with ovulation and contribute to hyperprolactinemia. The TSH blood test helps rule out thyroid dysfunction.

Insulin *fasting required*

Many women with PCOS have decreased sensitivity to insulin, causing them to over-produce insulin. High levels of insulin may contribute to excessive androgen production and can lead to problems with ovulation. The insulin blood test determines the level of insulin in the bloodstream.

Prolactin (PRL)

The PRL blood test helps rule out excessive levels of Prolactin (hyperprolactinemia), which can lead to irregular or absent ovulation and/or menstrual periods, among other things. Some women with PCOS may also have slightly elevated Prolactin levels.

Estradiol (E2) & Follicle Stimulating Hormone (FSH)

E2 and FSH blood tests need to be drawn simultaneously in order to evaluate ovarian egg reserves.

Comprehensive Metabolic Panel *fasting required*

Women with PCOS are at higher risk for developing metabolic syndrome, characterized by abdominal obesity, cholesterol abnormalities, hypertension and insulin resistance that impairs blood sugar regulation. The Comprehensive Metabolic Panel blood test monitors for some signs of these issues by measuring blood sugar (glucose) levels, electrolyte and fluid balance, kidney function and liver function.

17-Alpha Hydroxyprogesterone

The 17-Alpha Hydroxyprogesterone blood test helps rule out congenital adrenal hyperplasia, a condition that limits the adrenal glands' ability to produce certain hormones.

Free Testosterone

The PCOS ovary produces excessive androgen, of which testosterone is a major component. In addition to blocking ovulation, testosterone also has systemic effects such as acne and/or hirsutism (excessive hair growth on the face, chest and/or abdomen). Excessively high testosterone levels can also be associated with certain types of tumors. The Free Testosterone blood test evaluates the amount of unbound and active testosterone (and androgen) in the body.

Total Testosterone

The Total Testosterone blood test evaluates the total amount of all testosterone, including free testosterone, in the body.

Dehydroepiandrosterone Sulfate (DHEAS)

The DHEAS blood test evaluates the amount of DHEAS, another type of androgen, to help rule out certain abnormalities associated with the adrenal glands. Some signs/symptoms of adrenal abnormalities may be similar to those of PCOS.