

Center of Reproductive Medicine, P.A. (CORM)

1015 Medical Center Blvd., Suite 2100, Webster, TX 77598 Phone: 281/332-0073, Fax: 281/332-1860
3560 Delaware, Suite 402, Beaumont, Texas 77706 Phone: 409-898-1603, Fax: 409-898-1604
3701 Kirby, Suite 840, Houston, TX 77098 Phone: 713/807-0234, Fax: 713/807-0983

Patient Information and Guidelines

- 1. Notify the office of your period start.** Call the triage line @ 281-557-3093 the day your period starts. Leave your name, phone number, day and time of menses start. A period is a full menstrual flow lasting more than 12 hours in a 24 hour period. If this occurs on a weekend or Holiday, please leave a message, you will be called the next business day. If calling during normal business hours, this information should be left on voice mail. The nurse will return your call after discussing your treatment plan with the physician.
- 2. Cycle management hours.** We will be open on weekends and most holidays for scheduled urgent care only (i.e. patients requiring monitoring of medications). Routine exams and consults are provided on weekdays only. Our weekday cycle management office hours are 6:45-3:30.
- 3. PCP and OB/GYN.** We require that you establish a relationship with a regular Primary Care Physician and an OB/GYN physician to provide medical care other than infertility care (i.e. pap smears, respiratory infections, urinary tract infections, etc.). You must provide current copies of your Pap smear and/or mammogram results to our office. It is your responsibility to remain current on these exams. Notify our office if you or your spouse has been prescribed medication from another physician.
- 4. Frequency of intercourse.** We recommend sexual intercourse at least two times per week to keep a healthy turnover of sperm quality.
- 5. Recommended medications.** You should also begin a daily prenatal vitamin and calcium supplement with vitamin D (You need at least 1000mg of Calcium a day). Prenatal vitamins containing at least 0.8mg of Folate will help to decrease the risk of spinal cord defects and some brain disorders in the developing fetus.
- 6. Medications to avoid.** Do not take any medications that have not been pre-approved by CORM physicians (please see enclosed list). Do not take any herbs unless pre-approved, while you are trying to become pregnant. Do not take weight reducing products or supplements, such as Metabolife or Max-Fit. You should not take any antihistamines, aspirin, or ibuprofen once you begin fertility medications, i.e. Serophene, Clomid, Humegon, Pergonal, Gonal-F, Bravelle, Repronex, and/or Follistim until your pregnancy test.
- 7. Caffeine.** Please limit the amount of caffeine in your diet to no more than one caffeinated beverage per day. You may drink or eat any decaffeinated product at any time. You should not eat or drink any caffeinated products once you have ovulated, taken your HCG injection, and or become pregnant.
- 8. Medication refills.** If you need refills of medications, please call your pharmacy Monday through Friday. The pharmacy will call us for the refill order. Calls regarding refill medications after hours or on weekends will be billed \$30.00 per episode.

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9. **Smoking.** We recommend that you do not smoke while you are going through infertility care. Smoking greatly reduces the quality of eggs, fertilization, and embryos.
10. **Alcohol.** If you drink alcohol, please limit your intake. We recommend no alcohol once you have ovulated, taken a HCG injection, and/or become pregnant.
11. **Bath.** No Jacuzzi, hot tub or hot baths for male or female partners. This is very important for the male before pregnancy is achieved and for the female after pregnancy is achieved. The increase in temperature decreases sperm motility in the male and increases uterine temperatures in the female.
12. **Toxoplasmosis.** Toxoplasmosis is a parasite that can cause birth defects and/or miscarriage if a women is exposed during her pregnancy. Prevention of toxoplasmosis exposure: Good hygiene must be maintained when petting animals that have access to the outside. If you have cats, do not change the litter. The cat feces may contain the parasite eggs. Please make arrangements with your spouse or someone else for disposal. If you must change the litter you should wear a facial mask and gloves to minimize the risk of exposure. It is also recommended that you wear gloves when you garden or do anything outdoors that involves handling soil.
13. **Products to avoid.** Unless you are on your period (bleeding), you should not perm or color your hair. Avoid all products with fumes such as Tylex, oven cleaners, bleach, etc. Do not refinish furniture or paint the interior of your house. Do not schedule dental work or surgery unless you are planning to skip a month of trying to conceive. Review your cosmetics. Do not use any lotions or cosmetics that contain retinol or Retin-A.
14. **Exercise.** Regular exercise is good for your general health and well-being. However, when trying to conceive, your maximum heart-rate must not exceed 140 beats per minute and duration must be limited to no more than one hour/day. Further limitations will be made based upon your treatment plan. This is a very important issue for fertility and especially during the first 12 weeks of pregnancy.
15. **Lab results.** Many tests we perform can take up to 2 weeks. **You will receive your results during your follow up consultation with your physician.**

Please be sure to keep a copy of this form for reference.