



Cascade Women's Health, PC
PHYSICIANS AND SURGEONS

1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210
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www.CascadeWomensHealth.org

Instructions for Ovarian Reserve Testing

Day 1 = first day of any period bleeding. Call to arrange ultrasound & get Clomid prescription filled.

Day 3:

- Go for Ultrasound to check ovarian volume and antral resting follicle count.
- Go to lab to have estradiol and FSH blood levels drawn.
- Start taking Clomid 100mg daily for 5 days.

Day 7 – Last dose of Clomid.

Day 10 – Go to lab to have FSH blood level drawn.

Days 23-25 – Any of these cycle days are fine__ you will go to the lab for a progesterone blood level draw ONE time on any of these 3 cycle days.

If for whatever reason you are unable to have your ultrasound done on cycle Day 3, arrange for Day 4. If you are unable to have the blood draws on the stated days, please contact us. We may be able to make adjustments during that cycle but accuracy of the testing may be reduced. It may be necessary to reschedule testing for a different cycle.

Lab info:

Legacy Good Samaritan – open M-F, 7AM to 6PM, phone 503-413-1234, option#1.

Legacy Emanuel, Meridian Park & Mt. Hood are open Saturdays –
Phone 503-413-1234, option#1.

Providence St. Vincent – open M-F 6:30AM to 6PM and Saturday 7AM-3:30PM.
Phone 503-215-6660.