

Complete Treatment Checklist

1st Consultation

Prior to 1st Consultation:

- Initial short introductory phone call with prospective patient, no charge
- Email Menopause Treatment Consultation Agreement for patient to sign & return
- Email that contains:
 - Link to 1st Questionnaire
 - Request to primary healthcare providers to fax recent + relevant lab, imaging, plus office exam notes
 - HIPAA agreements
 - Optional: informed consent, any additional info to communicate

During 1st Consultation:

- Review Initial Questionnaire & Labs, etc.
- Physical & Female exam (by another provider or you)
- Write requisitions for additional lab & imaging
- Address the subject of risk and benefits
- Write Initial Rx & transmit to Pharmacy
- Instructions to patient:
 - Starting Rx dosage card (1 of 4)
 - Finding Your Optimal Dose symptoms card
 - Videos: Dose Determination & Application
- Schedule 2nd consultation for 4 - 5 weeks

2nd Consultation:

Prior to 2nd Consultation, Email:

- Email link to Follow-up Questionnaire
- Receive any additional lab results you have requisitioned

During 2nd Consultation:

- Review Follow-up Questionnaire
- Review additional labs, etc. (if requested)
- Use 2nd consultation calculator to revise Rx dosages
- Write 2nd Rx & transmit to Pharmacy w 1 refill
- Give (or ship) hormone test kit to patient, + **instruct**
- Schedule consultation for 4 - 8 weeks hence

3rd Consultation:

Prior to 3rd Consultation:

- Email link to Follow-up Questionnaire
- Receive 24-hour urine hormone test results

During 3rd Consultation:

- Review questionnaire & hormone test results
- Use "Subsequent" or "Bi-est Ratio" calculator for Rx Δ
- Write Rx & transmit to Pharmacy w 11 refills
- Instruct on once-a-month Rx stopping (video)
- Schedule consultation for 1 year hence

Annual Consultation:

Prior to Annual Consultation:

- Email link to Annual Questionnaire
- Email reminder re annual female exam and vaginal mucosa assessment
- Email requisitions for desired testing
- Ship 24-hour urine hormone test kit

During Annual Consultation:

- Review Annual Follow-up Questionnaire
- Review lab, imaging and female exam results
- Use "Subsequent" or "Bi-est Ratio" calculator for Rx Δ
- Write Rx & transmit to Pharmacy w 11 refills
- Schedule consultation for 1 year hence