

About Luteal Phase Defects (#29)

The Luteal Phase of the menstrual cycle is the 12-14 days after ovulation. The following questions may help you decide if you should have tests done to evaluate your luteal phase and includes questions to ask about the testing and treatment for luteal phase problems.

1. Is your luteal phase less than 12 days long?
2. Do you have vaginal spotting before you get your menstrual bleed?
3. Have you noticed a slow or low rise on your basal body temperature chart following ovulation?
4. Have you had a vaginal ultrasound just prior to ovulation to document an adequately thick endometrium (a normal range is 6-10mm)?
5. Has the doctor taken a blood test to evaluate progesterone levels mid-way between ovulation and your menstrual cycle? (A level of less than 10 nanograms may indicate a problem.)
6. If you have had an endometrial biopsy, was it done after day 21 in your cycle?
7. If the endometrial biopsy showed a "lag" and you are being treated for a luteal phase defect, will another biopsy be done in the future to evaluate results?
8. If you have been on clomiphene, has the doctor evaluated your luteal phase? Clomiphene can sometimes thin the endometrial lining of the uterus.
9. Some new tests to evaluate the uterine lining during the luteal phase include Doppler ultrasound and the evaluation of the integrins in the endometrial tissue. Talk with you doctor about these tests.

Copyright RESOLVE
All Rights Reserved