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Thank you for your interest in Pasadena Pellet Therapy!

In order to determine if you are a candidate for bio-identical hormones for menopause or perimenopause, there are several things we need to assess your health, possible risks and proper dose of hormones prior to beginning hormone pellet therapy:

1. Enclosed in this packet you will find a lab requisition to be taken to any **Quest Laboratory** to have your blood drawn. We will need to check your hormone levels such as estrogen, testosterone, thyroid and follicle stimulating hormone (FSH). We will also check your liver enzymes and your cholesterol level. This requires that you have nothing to eat or drink for at least 6 hours prior to having your lab work drawn. If your insurance company does not cover Quest Laboratory, please notify us and we will send you a prescription to be taken to a lab that is covered by your insurance company. It is up to you to determine if your insurance company will cover the cost of your lab work through Quest.
2. Please complete the New Patient Questionnaire and the Patient Registration Form enclosed in this packet and return them all to us by mail in the envelope provided so that we may review your symptoms and lab results prior to your appointment.

If you have previously used pellets, or if you would like to have pellets inserted at your first appointment (assuming you are a candidate), then additional medical testing is required prior to your initial visit. This testing includes a mammogram and pap smear done within the past 12 months with the results forwarded to Dr. Park.

If you have a uterus, an ultrasound will have to be done to rule out any pre-existing condition that could be a contraindication for hormone therapy. If you have had a pelvic ultrasound within the past three months, please bring copy of your results with you. Or, you may schedule an appointment through my regular OB/GYN practice, Fair Oaks Women's Health, by calling us at 626-304-2626. Please mention to the receptionist that you have an appointment with Pasadena Pellet and you need to schedule a pelvic ultrasound prior to beginning treatment with hormone pellets.

Please make sure that all of the above information is available at the time of your new patient consultation or you may be required to reschedule your appointment.

At your first visit, we will discuss your proper treatment, hormone dose, possible risks and answer any questions you may have about bio-identical hormone therapy using pellets. Your first insertion can be during the consultation if you are ready and if our evaluation finds you to be a good candidate. If you have further questions about Pasadena Pellet Therapy, please feel free to call our office at any time.

Thank you and we look forward to seeing you soon.

Sincerely,

Jennifer Park, M.D., F.A.C.O.G.