

FertilityCare Appointment Summary

Name: _____

Introductory Session

Date: _____

Natural Fruit FertilityCare Services
Patricia Deshane, CFCP
Phone: (518) 620-6280
patricia.deshane@live.com
<http://naturalfruitfertilitycare.com>

Observations & Beginner Instructions

- (1) Avoid genital contact for one complete menstrual cycle or one month, whichever is shorter. (**Infertility clients** - avoid genital contact for one complete cycle beginning at the next menses.)
- (2) Start charting (right after Introductory Session) per Creighton Model protocol. Continue charting per instructions in CrMS Handbook; chart end of day, every day, most fertile sign of the day.
- (3) Always keep to the observational routine. See my Quick Start Guide for a checklist to make accurate observations.

Readings, Handouts, & Forms To Complete

- (1) Read (and have spouse read) entire CrMS Introductory Booklet for New Users.
- (2) Complete General Intake form (front and back); bring to next Creighton Model Follow-Up appointment.
- (3) Refer to my Quick Start Guide as necessary.
- (4) Always bring your chart to every appointment.
- (5) Contact me if questions arise.

Next FertilityCare Appointment