

Obstetrics / Gynecology

Patient Referral Guide

Kootenay Boundary OB/GYNs

#203, 1199 Bay Avenue, Trail, BC

Phone: 250-368-6663

Fax: 250-368-6681

For all OB/GYN consults:

- ✓ Send all pap smears, all OR reports (related to gyne procedures), any labs done in the work up, and any imaging.
- ✓ We are almost always happy with an ultrasound and will only order an MRI rarely (one common reason is congenital anomalies of the uterus).
- ✓ If an ultrasound report asks for an MRI for gyne reasons, please consider discussing with us or referring to us and letting us decide if an MRI is truly indicated.

Conditions NOT accepted:

- Incontinence and overactive bladder — *please refer to [Dr. Brotherhood](#)*

COMMON GYNE CONSULTS

Prolapse	This is non urgent — only urgent if in urinary retention.
	<u>Required Investigations:</u> <ul style="list-style-type: none"> • Examine patient
Infertility	We are happy to see and do any work up in Trail prior to sending to Kelowna fertility clinic.
	<u>Required Investigations:</u> <ul style="list-style-type: none"> • Work up — timing of labs is very important. Please order day 3 FSH, estradiol and day 21-24 progesterone (day one is first day of full period flow), prolactin, TSH. • If you think patient has PCOS, add free androgen index. • Order partner's semen analysis — <i>please refer to the specimen analysis handout.</i> • Or email the semen analysis handout to patient ✉
Pelvic Mass	<u>Required Investigations:</u> <ul style="list-style-type: none"> • Pre-menopausal — NO TUMOUR markers required. • Post-menopausal — please do Ca 125, cea, ca 19-9 and ca 15-3. • We are happy with an ultrasound only. If the report asks for an MRI please refer to us and we will triage if we feel that is required.
Vulvar Symptoms	Most are <u>not</u> yeast — more than 50% of chronic “yeast” is a vulvar dermatitis.
	Vulvar pain after menopause is vulvar cancer until proven otherwise and must be examined. <u>Required Investigations:</u> <ul style="list-style-type: none"> • Please refer patient to bcvulvarhealth.ca — ask them to read the vulvar hygiene patient hand out and follow it. • Examine patient. • Send urgently if you feel patient has raised white or red, ulcerating lesions (vulvar cancer) or any pigmented lesion (melanoma concern).
Pelvic Pain	Common diagnosis — primary dysmenorrhea, endometriosis, adenomyosis, pelvic floor dysfunction.
	<u>Required Investigations:</u> <ul style="list-style-type: none"> • Examine the patient. • Do swabs for gonorrhea/chlamydia, trichomonas, bv/yeast.

COMMON GYNE CONSULTS <i>continued</i>	
Menorrhagia	<p><u>Required Investigations:</u></p> <ul style="list-style-type: none"> • Order CBC, ferritin, TSH if you feel appropriate. • Let us know what treatments have been tried (nsaids, ocp, mirena, nexplanon) — please try those treatments while awaiting consult. • Examine the patient.
Post-Menopausal Bleeding	<p>10% are hyperplasia/malignancy, hence referral is important. We will triage within 6 weeks.</p> <p><u>Required Investigations:</u></p> <ul style="list-style-type: none"> • If you do endometrial biopsies, then do one (thank you). • If you don't do endometrial biopsies send patient to us and we will do one. • Order ultrasound — if ultrasound endometrial thickness is 4mm or less and biopsy is negative, nothing more needs to be done.
Obstetrics Consults	<p>If the patient has complicated medical disease (rheumatoid arthritis, genetic condition etc.).</p> <p><u>Required Investigations:</u></p> <ul style="list-style-type: none"> • Please send all consults from other specialists, prenatal records, prenatal serology, pap smear, all ultrasounds for this pregnancy.

KBRH LABORATORY PROCEDURE

SEMEN ANALYSIS

Specimen collection:

Semen samples will be accepted only on Thursday and Friday mornings between 8:00 and 9:00 am.

Appointments need to be made in advance with the KBRH hematology department, by calling 364-3401, preferably the day before sample will be dropped off.

Procedure for collection:

1. The specimen must be collected by masturbation in a clean, dry container provided by your physician's office. Make sure the container is clearly marked with the patient's name, birthdate and Care Card #.
2. The specimen must NOT be collected using a condom or coitus interruptus.
3. The specimen should reach the KBRH laboratory within 60 minutes of collection and should be handed to laboratory personnel and not just left on the counter. It should be kept at body temperature by placing the sample container close to the body until it is received at the lab. DO NOT place sample in a refrigerator.