

# All the Facts: NaProTECHNOLOGY

*Adapted from [www.naprotechnology.com](http://www.naprotechnology.com):*

**What is it?** NaProTECHNOLOGY (Natural Procreative Technology) is a women's health science that monitors and maintains a woman's reproductive and gynecological health. It provides medical and surgical treatments that cooperate with the reproductive system. NaPro technology is based on thirty years of scientific research in the study of the normal and abnormal states of the menstrual and fertility cycles.

- *Infertility*
- *Painful/irregular periods*
- *Premenstrual syndrome (PMS)*
- *Polycystic ovarian disease*
- *Repetitive miscarriage*
- *Postpartum depression*
- *Hormonal abnormalities*
- *Other health problems*

### **NaPro Technology Provides Real Help and Healing for Real Problems:**

Unlike common suppressive or destructive approaches, NaProTECHNOLOGY works cooperatively with the procreative and gynecologic systems. When these systems function abnormally, NaProTECHNOLOGY helps to identify the problems. NaProTECHNOLOGY cooperates with the menstrual and fertility cycles, seeking to correct the condition, maintain the human ecology, and sustain the procreative potential.

**Based on Biomarkers** NaProTECHNOLOGY uses the Creighton Model FertilityCare™ System biomarkers to monitor easily and objectively the occurrence of various hormonal events during the menstrual cycle. The Creighton chart also provides valid information that can be interpreted by a woman and by physicians who are specifically trained in this system. The

Creighton chart can show evidence of imbalances in her system with biomarkers such as limited cervical mucus, short post peak phase, premenstrual spotting, and many more.

**Creighton Model Medical Consultants** are licensed health care providers who are trained in medical NaProTECHNOLOGY through the Saint Paul VI Institute in Omaha, Nebraska.

**NaProTECHNOLOGY surgeons** are board-certified obstetricians, gynecologists, or general surgeons who have completed the surgical fellowship at the Saint Paul VI Institute in Omaha, Nebraska.

### **Learn More:**

[www.naprotechnology.com](http://www.naprotechnology.com)

[www.creightonmodel.com](http://www.creightonmodel.com)

<https://wishmedical.com/services/fertility-support/>

**Call us at WISH Medical to schedule a medical consultation to explore your options, or to sign up for a Creighton Model introductory session 208-892-9474**

# NaPro at WISH Medical

## Fee and Follow up Schedule

\*Prices subject to change without notice

*Please note: We remain a non-profit organization, and all fees go toward the training and materials necessary to provide these services, and toward supporting the mission of Palouse Care Network which is: **embracing life, promoting health, and providing hope**. No employee of Palouse Care Network, Life Bridge, or WISH Medical receives extra compensation for providing fee-based vs. non-fee-based services. We are a team, working together, with the support of our community, to bring loving, holistic, professional, excellent care to all those we serve.*

**Creighton follow-ups are educational visits** for learning how to do cervical mucus observations, chart them, and implement system instructions according to your intent of use of the system. Creighton follow-ups are educational, not medical appointments. Please call us or see our website for more information on how to get started with Creighton.

**NaPro appointments are medical services** provided to help with a variety of reproductive health issues and can be scheduled once a woman has at least 2-3 cycles charted with Creighton Model, or if she is currently experiencing postpartum depression (no prior Creighton charting needed), or if she is currently pregnant and meets the criteria for progesterone monitoring and support in pregnancy (no prior Creighton charting needed).

### **Post-partum depression (no prior Creighton charting needed):**

\$20 office visit with medical consultant + \$10 for progesterone injection

*\*We will not turn down a woman in need of post-partum depression support for inability to pay.\**

This fee covers initial 1 hour visit and any telephone follow ups (usually done in 24 hours and ongoing as necessary). Any additional office visits (not usually necessary) have a \$20 office visit fee, and there is a \$10 cost for any progesterone provided for injection by our clinic (no fee for injections of your own progesterone supply).

If history of previous post-partum depression, we recommend initiating treatment as soon as possible after delivery. If no history of previous post-partum depression, but currently having symptoms suggestive of post-partum depression, the sooner treatment started the better the anticipated outcome. The NaPro post-partum depression protocol does not affect breastfeeding<sup>1</sup>. \*Generally, only phone follow-ups are needed after the initial visit, but additional office visits may be necessary.

### **Progesterone support in pregnancy: (no prior Creighton charting needed):**

\$85 office visit with medical consultant + \$10 for initial progesterone injection

*\*We will not turn down a woman in need of this support for inability to pay for the office visit.\**

This fee covers initial 1 hour visit and the ongoing lab monitoring, interpreting, recommendations by medical consultant, and telephone follow ups by medical consultant (or sometimes by nurse) *throughout the entire pregnancy*. Additional office visits are \$40, though are not usually necessary.

There is a \$10 cost for any progesterone provided for injection by our clinic.

There is no fee for injections of your own progesterone supply.

Our medical consultant will prescribe progesterone for you for ongoing use from local or other pharmacies that we work with for these services. The average cost of progesterone injections per month, depending on dose, is around \$80-\$150/month if using one of these pharmacies.

You can schedule a nurse visit with your husband or other family member who you would like to give you injections at home, or you can return to our clinic, or in some cases patients ask their midwife or other provider to do injections for them.

<sup>1</sup> Based on research at the Saint Paul VI Institute, Omaha, Nebraska.

“The Medical & Surgical Practice of NaPro Technology” by Dr. Thomas Hilgers, MD

NaPro protocols recommend that women with the following history are candidates for progesterone monitoring and, if appropriate based on progesterone levels, supplementation with bioidentical progesterone: *infertility, miscarriage, stillbirth, premature delivery, premature rupture of membranes, pre-eclampsia or pregnancy induced hypertension, abruption of placenta, current multiple pregnancy, congenital uterine anomaly, cerclage, low progesterone level.*

Initial intake visit and progesterone injection should take place as soon as possible after positive pregnancy test. NaPro protocols call for progesterone level to be checked (by blood test) every 2 weeks throughout pregnancy, with dosing adjusted based on results. Progesterone supplementation may be in the form of intramuscular (IM) shot, oral capsules, or vaginal capsules or suppositories, with IM preferred, especially in certain situations. Our medical consultant will discuss options and recommendations with you at your initial visit and each telephone follow up.

*These services are NOT a substitute for prenatal care, rather a supplement to that care. We recommend that all patients receiving progesterone support in pregnancy discuss this with their prenatal care provider and keep to the prenatal care visit schedule recommended by their prenatal care provider.*

**NaPro for infertility, PCOS, PMS, painful or irregular periods, and other gynecologic and reproductive issues:** *At least 2-3 months of Creighton charting are necessary before implementing NaPro evaluation and treatment for these issues.* Please see our website for information on how to learn Creighton model charting. Once you have enough charting (from our Creighton Model FertilityCare practitioners or one from a different center), a NaPro visit may be scheduled.

\$125 - 90 min office visit with medical consultant  
(90 min visits required for initial and 1st follow up visit)

\$85 - 60 min office visit with medical consultant  
(3rd followup and after)

Additional fee of \$30 may apply for facilitation of NaPro surgical evaluation

*\*Please inquire if you need a discount on these visits for financial reasons\**

Initial visit is usually followed by a comprehensive lab evaluation, timed to your cycle, (sometimes immediately, or sometimes after implementing an initial treatment plan), with additional follow ups as needed over the next several months.

For infertility and some other issues, referral and facilitation for NaPro surgical evaluation will be provided after working with medical NaPro and other appropriate interventions, if the medical consultant feels that is warranted and the patient wishes to proceed in that way.

\*If you want a holistic approach to these issues without using Creighton or NaPro, please schedule a medical consult visit (\$20) to discuss a functional medicine approach that we can also provide. Our nurse practitioner and Creighton Model Medical Consultant is also certified in functional medicine through the Institute for Functional Medicine (IFM).

## About the Practitioner

Monica Eggleston, FNP, CrMSMC (Creighton Model Medical Consultant) was trained in NaPro through the Saint Paul VI Institute in Omaha, Nebraska, home of the Creighton Model and NaPro Technology. She is also currently finishing her internship year as a Fertility Care Practitioner, trained to teach Creighton charting. She has been a family practice nurse practitioner for over 16 years, part of the PCN/WISH Medical team since 2016 and is certified in functional medicine through the Institute for Functional Medicine (IFM) since 2017. Monica is thrilled to help bring these services to our community here on the Palouse!