



The Women's Natural Health Practice

Monitored cycle fertility assessment fact sheet

Following our philosophy of natural female health care we combine naturopathic and biomedical fertility assessment into a single monitored menstrual cycle. We believe this approach provides you with the best view of your fertility and your partner's fertility. The initial appointment will be for up to one and a half hours and there will be several further appointments each at different times in your cycle. You will also be asked to complete a Basal Body Temperature chart for the monitored cycle. The appointments will be on some or all of the following cycle days: **cycle day 1-2, 8-10, 12-14 and 20-22** (note: cycle day 1 is the first day of your period and these days assume a 28 day menstrual cycle). Each patient has a different history and will need different elements in her monitored cycle fertility assessment; therefore there is no standard price. The following are the full set of fertility assessment tests. By the end of your initial consultation you will know which are appropriate for you (please note all charges listed below are *excluding VAT*):

Initial consultation fee:	£225
Fee for a 15 or 30-minute consultation:	£45 or £90
Ultrasound scan fee:	£110.00
HyCoSy tubal assessment	£390
Saline uterine cavity assessment (included with HyCoSy)	£245
Pre HyCoSy or SIS swabs	£43
Male semen fertility assessment	£123
Post-coital test	£65
FSH, LH and Oestradiol blood tests	£53
Progesterone blood tests	£37

Physical examination and assessments

CD (cycle day) 1-2 appointment: consists of taking a medical history (general health and detailed gynaecological and obstetric history). Additionally, a trans-vaginal ultrasound examination and a blood sample for female reproductive hormone levels of FSH (follicle-stimulating hormone), LH (luteinising hormone) and oestradiol is taken. The hormone levels and ultrasound provide information about ovarian activity.. These hormone levels also give a rough guideline for whether a woman is approaching the menopause.

CD 8-10 appointment: Is only needed if tubal patency has not been previously tested in the last 12 months or there is a high risk of subsequent STD exposure.

CD 12-14 appointment: Pre-ovulation ultrasound scan examination of follicle numbers and growth and also a post-coital test assessment of cervical mucus for quality and sperm compatibility.

CD 20-22 appointment: Post ovulation ultrasound evaluation and a blood sample for progesterone. Both confirm that ovulation has occurred and provide more information about the quality of the luteal phase of the cycle. This includes the quality and thickness of the endometrium and uterine artery Doppler blood flow measurement both of which are an important factor in the implantation of a fertilised egg and also the quality of the corpus luteum (the remainder of the ovulatory follicle) which secretes progesterone. This hormone is needed to maintain a pregnancy after egg fertilisation.

Review appointment: Discussion of hormone tests results, ultrasound examinations and BBT chart from the complete monitored cycle including male factor if appropriate.

CD = Cycle Day of menstrual cycle, counting first day of full bleeding as CD1