



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

INFORMATION FOR PATIENTS WHO HAVE BEEN REFERRED FOR SUBFERTILITY INVESTIGATIONS PRIOR TO TREATMENT

IMPORTANT: Please read this leaflet before you attend your appointment

You or your partner have been referred to Saint Mary's Hospital for investigations and treatment of subfertility.

You will have been asked to provide details about yourself and your partner. Please note that all correspondence will be sent to the intended female recipient of any treatment, and we apologise in advance for this.

Whilst some specific investigations may only require the person undergoing the test to attend, we ask that you attend as a couple for all clinic appointments/consultations so that any previous test results can be conveyed to you both in the context of your joint fertility.

WHY DO I NEED THE SCANS AND BLOOD TESTS?

In order to ensure your treatment is not delayed, we would like you both to attend for some baseline investigations. These allow the doctors to assess your suitability for treatment and help them to decide on the most appropriate next step for you.

This may mean an onward referral for IVF/assisted conception treatment or to a gynaecology (female) or andrology (male) clinic for other forms of treatment.

You may already have had some of these tests done previously, however, some hormone levels can change over time and may alter the type of treatment that would be best for you.

Once all the results of the tests below are available, (this will usually take 2-3 weeks) they will be reviewed by a Doctor in Reproductive Medicine.

It is not possible for the nursing team to give you these results over the phone as they need to be considered together with your clinical history and in the context of your eligibility to NHS funding for fertility treatment. You will therefore be sent a clinic appointment so that this discussion can take place with a doctor.

WHAT TESTS WILL I HAVE?

BLOOD TESTS (FEMALE)

Anti-mullerian hormone (AMH) to assess the ovarian reserve.

CHLAMYDIA AND GONORRHOEA SCREENING (FEMALE)

When you attend our unit, we will ask you to provide a vaginal swab to be tested for chlamydia and gonorrhoea.

TRANSVAGINAL SCAN (FEMALE)

On the day that you attend for blood tests, you will have a transvaginal ultrasound scan performed. A scan probe is inserted in the vagina to look at your ovaries and womb. The scan will give information about the number of growing follicles (containing eggs) in your ovaries and will help to detect any problems within the womb which may impact on your treatment.

It is likely that the scan will be performed whilst you are still having your period, please do not be embarrassed by this. The scan should not take longer than ten minutes and is not painful. You will need to empty your bladder and remove any tampons prior to having your scan.

A nurse will discuss the preliminary results of the scan with you on the day, but the full results of your scan will be discussed in more detail at your clinic visit.

BODY MASS INDEX (FEMALE)

We will measure your body mass index (height and weight) and check your blood pressure.

Women with a body mass index above 30 are not eligible for NHS funded assisted conception treatment. If your BMI is already above this level, then please seek advice from your GP regarding weight loss.

BMI is calculated by dividing the weight (in kg) over the square of height (in meters).

E.g. a lady with a weight of 65 kg and a height of 160 cm would have a BMI of $65/1.62 = 25$. You can ask your GP to check your BMI or you can do this yourself at your local pharmacy.

CERVICAL SMEAR AND RUBELLA IMMUNITY (FEMALE)

It would be helpful if you can provide us with information regarding when your last smear took place. Similarly, we would need information on whether you are immune to Rubella (German measles) from previous infection or vaccination.

SEMEN ANALYSIS (MALE)

Male partners will be required to provide a semen (sperm) sample for analysis. You can ring (0161) 276 6000 and press option 4 to make an appointment for this. Please note that if you have had a previous semen analysis, we may still advise to repeat it.

WHEN DO I COME FOR THESE TESTS

You will be given an appointment time for your scan. Please arrive ONE HOUR prior to the time given for your blood tests, which will be taken at the old Saint Mary's Hospital. On arrival, please report to reception where you will be directed on where to wait for your blood test/semens analysis.

Your scan will be performed at the Saint Mary's Hospital. The nurse will advise you of this when you come into the department for blood test.

WHERE DO I GO FOR THESE TESTS

You will have been sent a map with your letter. The Department of Reproductive Medicine is located in the old Saint Mary's building. Our entrance is on Oxford Road opposite Whitworth Park.

CONTACT DETAILS



0161 276 6000 (Between 11:00am and 4:00pm, 7 days a week)



<https://www.mft.nhs.uk/>