

## Monitored Cycle Fertility Assessment

### Overview

A Following our philosophy of natural female health care, we combine naturopathic and conventional fertility assessment into a single monitored menstrual cycle. We believe this approach provides you with the best holistic view of your fertility. The initial appointment will be for one hour and there will be 2 or 3 further appointments each at different times in your menstrual cycle. The appointments should be made for the following days in your menstrual cycle (note, day 1 of your menstrual cycle is the first day of full menstrual bleeding, spotting does not count). Your monitored cycle must be a non-hormone medicated natural cycle. Any form of hormonal contraception must be stopped at least 2 cycles before the monitored cycle. You should either abstain from intercourse in the monitored cycle or use a non-hormonal barrier method of contraception. ( HyCoSy only). All prices are inclusive of VAT.

### Initial Consultation Appointment

This appointment is not cycle day (CD) dependent and can be on any day of your cycle, however, you might want to combine initial consultation with one of the windows suggested below. Full medical and reproductive health history review and Basal Body Temperature charting instructions.

### Monitored Cycle Fertility Assessment

CD1-3 appointment consists a blood sample for female reproductive hormone levels of FSH, LH, Oestradiol, ovarian reserve AMH hormone level and Thyroid gland function.

CD 19-24 appointment: Ultrasound evaluation of the uterine lining (endometrium) quality, ovarian health and follicle count, a HyCoSy fallopian tube patency test (if this has not already been performed elsewhere) and a blood sample for progesterone level.

Review appointment: Usually in the first week or two of the next cycle after the monitored cycle. Discussion of hormone tests results, ultrasound examination findings and BBT chart analysis form the completed monitored cycle.

### Advanced Fertility Assessment Optional Tests

Post-coital cervical mucus quality test CD 10-14	£75
Seminal fluid fertility analysis (male partner) at TDL	£152.50
HyCoSy including swabs	£562

### Making Appointments

For more information, contact details and appointments click here [www.naturalgynae.com](http://www.naturalgynae.com) Alternatively, please email us at [enquiries@naturalgynae.com](mailto:enquiries@naturalgynae.com) with questions, we are more than happy to provide any information via email that will assist you