The Women's Natural Health Clinic
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Appointments: 020 3811 8778
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womensnaturalhealthclinic.com

Monitored Cycle Fertility Assessment

Overview

Following our philosophy of natural female healthcare, we combine naturopathic and conventional fertility assessment in a single monitored menstrual cycle. We believe this approach gives you the best holistic view of your fertility. The initial appointment lasts one hour, and there are 2 or 3 further appointments at different times in your menstrual cycle, on the cycle days shown below. Day 1 of your cycle is the first day of full menstrual bleeding; spotting does not count.

Your monitored cycle must be a natural cycle without hormone medication. Any hormonal contraception must be stopped at least 2 cycles before the monitored cycle. If you are having a HyCoSy, you should either abstain from intercourse in the monitored cycle or use a non-hormonal barrier method of contraception. All prices include VAT.

Initial consultation

This appointment can be on any day of your cycle, although you may want to combine it with one of the appointments below. It includes a full medical and reproductive health history review and basal body temperature (BBT) charting instructions.

Monitored cycle appointments

- **Cycle day 1 to 3:** blood sample for reproductive hormone levels (FSH, LH, oestradiol), ovarian reserve (AMH) and thyroid function.
- **Cycle day 19 to 24:** ultrasound assessment of the uterine lining (endometrium), ovarian health and follicle count; a HyCoSy fallopian tube patency test (if not already performed elsewhere); and a blood sample for progesterone level.
- **Review appointment:** usually in the first week or two of the cycle after the monitored cycle, to discuss your hormone test results, ultrasound findings and BBT chart analysis.

Advanced fertility assessment: optional tests

Test	Price
Post-coital cervical mucus quality test (cycle day 10 to 14)	£75
Seminal fluid fertility analysis (male partner) at TDL	£152.50
HyCoSy, including swabs	£562

Making appointments

Book online at womensnaturalhealthclinic.com/book or call 020 3811 8778. We are happy to answer any questions by email to help you decide on the right approach.

Our female healthcare philosophy

At the Women's Natural Health Clinic, we specialise in comprehensive natural reproductive, gynaecological, obstetric and general healthcare for women from adolescence to post-menopause. We integrate oriental and western medical diagnosis to create a naturally oriented treatment plan combining herbal medicine, naturopathic medicine, acupuncture, nutritional therapy, exercise and lifestyle, tailored to each woman.

To book an appointment, visit womensnaturalhealthclinic.com/book or call 020 3811 8778.