

Fertility Health Check – Patient Information

A fertility health check is designed just to give you a snapshot of your current fertility status, for example if you are trying to decide if you want to try to start a family now or can put this off for a while longer. **It is not designed to give a full diagnosis of any fertility issues or prepare you for fertility treatment. You will not have the opportunity to speak to a doctor as part of the package. If you have any concerns about your fertility or you have been trying to conceive for over a year you should book into the self-funded fertility investigation package/clinic, in case you which you will speak with a fertility doctor or consultant.**

We offer three fertility health check packages, one for a man which just includes a semen analysis, one for a woman, which just includes female investigations for one person and one for a heterosexual couple which includes male and female investigations.

What is included in a fertility health check and how much does it cost?

Table 1

Male Fertility Health Check	Female Fertility Health Check	Male and Female Couple Health Check
1 x Semen analysis test (without antibody test)	AMH and Progesterone blood tests	1 x Semen analysis (without antibody test)
Results sent to you by letter	Diagnostic pelvic scan, including antral follicle count	AMH and Progesterone blood tests
	Results sent to you by letter	Diagnostic pelvic scan, including antral follicle count
		Joint results sent to you by letter
Total cost = £220.00	Total cost = £356.08	Total cost = £506.08

What are we testing for?

- AMH (anti-mullerian hormone) – in simple terms, AMH is a blood test to measure how many eggs you are likely to have left. This will naturally drop with age.
- Progesterone – this blood test, when done around 7 days before your next period is due, measures if ovulation has occurred.
- Pelvic ultrasound – this is an internal (vaginal) scan where the doctor may be able to visualise any issues in your pelvic area. They will also count the number of immature follicles in your ovaries.

When looked at in combination, the results can indicate the current fertility status of a female.

- Semen analysis – the scientist does a number of tests that involve studying the sperm under the microscope to see how many there are, what they look like and how well they move. It does not include testing for anti-sperm antibodies (a test that would be required before any treatment). More detailed information about these tests can be found on our website (see QR code below) www.shropshireivf.nhs.uk

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The Fertility Health Check Process

If opting for the fertility health check one of our administrators will book the following tests for you depending on your circumstances.

Female blood tests

The Progesterone must be done at a certain time of the menstrual cycle. The AMH is normally done at the same time. You will need to attend the fertility clinic at Severn Fields Health Village around 7 days before your period is due (which is day 21 if you have an average 28 day cycle) for the blood to be taken.

Female scan

The female will also be booked for an internal (vaginal) scan to be done by a member of the medical team. This can be done at any time of your cycle, even if you are on your period. A female chaperone, provided by the clinic, will accompany you and assist the doctor.

Male semen analysis (if applicable)

The male will have a semen analysis booked. If you live with 1 hour of the clinic you may be provided with a pot to produce the sample at home and bring into the clinic. Alternatively, or if you live some distance away, you will come to the clinic and produce your sample here in a private room.

Results

The results of these tests will be sent to you in a letter, along with a brief explanation of what they mean. If you want to discuss the results in detail you can book an appointment with a fertility consultant/doctor at an additional cost of £140.

Cost and cancellation

The cost of the fertility health check is detailed on table 1 and is payable in full at the time of booking. If you decide to withdraw from the package after booking only the elements of the package that you have not used can be refunded. The admin charge of £140 is included in the package and is non-refundable.

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