



Assisted Conception Clinic

Ovulation Tracking

Bulk Billed

(02) 9389 1177

Our success is your baby

www.fertilityeast.com.au



Assisted Conception Clinic

CLINIC HOURS

Monday to Friday - 8.00am to 4.30pm

Saturday - 9.00am to 1.00pm

All appointments

02 9389 1177

BLOOD COLLECTION HOURS

Monday to Friday - 8.00am to 9.30am

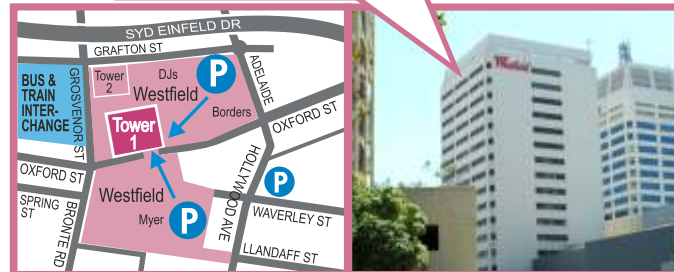
Saturday - 9.00am to 9.30am

No appointments necessary

Results Mon-Fri between 2pm and 3pm

Fertility East

Top Floor (Level 26) Westfield Tower 1,
520 Oxford Street Bondi Junction 2022
(or via lifts on level 6 of Westfield Shopping Centre)



- 1 minute walk from Bondi Junction Bus Terminal and Train Station
- 2hr free parking in Westfield

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Level 26, Westfield Tower 1
520 Oxford Street Bondi Junction NSW 2022

PO Box 345 Bondi Junction NSW 1355

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Fertility Australia Pty Ltd A/T/F The Fertility Australia Trust
ABN 22 482 157 084

Introduction

In order to maximise a couple's chances of natural conception they need to time intercourse to correspond with the day before and the day of ovulation. This can be easily done using ovulation tracking.

Normal ovulation (release of the egg) is preceded by and the result of an LH surge. This surge is a significant and rapid rise in the level of LH hormone produced by the pituitary gland in response to a maturing follicle/egg and its associated rising oestrogen hormone. The surge occurs 24 hours before ovulation and can be measured by blood tests on a daily basis (fasting not required). Measuring of the follicle's diameter by a transvaginal ultrasound assists us in planning the time to start daily LH blood hormone testing. Confirmation of ovulation occurs with another blood test 7 days after ovulation and referred to as a mid-luteal progesterone. This is NOT a pregnancy test.

Who needs ovulation tracking?

- Females with regular menstrual cycles, who have tried to conceive for a few months but still do not wish to undergo infertility investigations and treatment.
- Females who have irregular menstrual cycles which make timing of intercourse difficult to determine.

How is ovulation tracking done?

- You require a referral from your General Practitioner to a specialist at Fertility East (listed overleaf) requesting Ovulation Tracking.
- Phone Fertility East: 9389 1177 on Day 1 (first day for your period). A Nurse Coordinator will make a time for you to come in and have a blood test and ultrasound.
- She will advise you when to begin the tracking process.
- At your first tracking appointment a blood test and or pelvic ultrasound will be performed by the Nurse Co-ordinator.
- Based on these results you will be advised which day further testing is needed.

Once an LH surge is detected you will be informed and can plan to have intercourse that day and the following day.

An ovulation confirmation check is done by measuring a blood progesterone level, seven (7) days after ovulation. Should you miss a period a pregnancy test will be done. This information will also be sent to your managing doctor. If you have a period please contact the nurse coordinator to commence the next cycle.

Where is ovulation tracking done?

Fertility East, Level 26, Westfield Tower 1, 520 Oxford Street Bondi Junction. Phone (02) 9389 1177

What does it cost?

For all patients with a valid Medicare Card the service is **bulk billed**, so there are no out of pocket costs.

For non Medicare eligible patients please contact accounts at Fertility East.

