

Introduction

Our aim at 'Fertility East' is to assist females in achieving a healthy pregnancy and a healthy baby.

We provide a wide range of fertility services and undertake IVF treatments only when all other natural treatments and 'softer' options have been considered.

By answering the 'Health Check' questions and following the chart in this brochure you can assess what course of action you will most likely take to achieve your goal...a healthy baby.

The Fertility Algorithm

Once a decision to have a baby is made there are certain important steps to be considered prior to actually trying:-

- Am I fertile?
- Are there any tests that should be done?
- In what way can I improve my health?
- Is my body ready for a pregnancy?

Pre-conception Planning (Fertility Awareness)

The aim of this is to assist couples having no suspected fertility problems, with the timing of intercourse.

Pre-conception Preparation

Areas to be considered:

- Mental health
- Physical health
- Nutrition
- Dietary Advice
- Vitamins and Minerals
- Avoiding or minimising toxins
- Exercise
- Vaccines and immunity

Pre-conception Planning Questionnaire (Health Checks)

Once these questions are answered a pre-conception preparation path can be determined.

Patients should note that if there is any doubt regarding the state of your partner's health please consult your doctor.

If your answer to any of the questions in the female or male health check is 'yes' we advise that you see you a fertility specialist, if 'no' proceed under the direction of your GP.



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

Our success is your baby

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

Are you planning to have a baby?

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Female Health Check

Do you:

- Suffer with any chronic medical problems?
- Have any family history of birth defects?
- Currently take any form of medication?
- Smoke?
- Regularly drink more than 4-5 drinks per week?
- Take any form of 'recreational drugs'?

Have you:

- Had your 35th birthday?
- Had problems with having children?
- Been trying to conceive for more than one year?

Do you have:

- Irregular menstrual cycles and or <25 or >35 days?
- Bleeding in the middle of a cycle?
- Spot bleeding for more than 1 day before your period?
- Very painful periods?
- Pain with intercourse?
- Bleeding with intercourse?
- Polycystic Ovaries?

Have you had:

- Any sexually transmitted disease?
- Pelvic inflammatory disease?
- Operations on your reproductive organs?
- Fibroids or endometriosis or those problems in the family?
- Irregular periods?
- More than 2 miscarriages?
- Problems with sexual intercourse?
- Any form of cancer or tumor?

Male Health Check

Do you:

- Suffer with any chronic medical problems?
- Have any family history of birth defects?
- Currently take any form of medication?
- Smoke?
- Regularly drink more than 4-5 drinks per week?
- Take any form of 'recreational drugs'?
- Do you suffer any problems with sexual intercourse?

Have you:

- Had your 45th birthday?
- Been trying to conceive for more than one year?
- Had problems with having children before?
- Noticed any lumps in your scrotum or testis?
- Ever had a sperm count that was NOT normal?
- Ever had any form of cancer or tumor?
- Had any form of sexually transmitted disease?

Do you have:

- A varicocele?
- Any brothers that suffer with infertility?
- Problems with an erection or ejaculation?
- Pain in the testis or penis
- Discharge from the penis
- Burning when you pass urine?

Planning to have a baby

It is common for couples to assume that when they decide to have a baby, it happens naturally and within one or two cycles. It is a fact that one in six couples will experience symptoms of infertility when trying to have a baby. Your first step in seeking any form of 'assisted conception' is to consult with your General Practitioner who will refer you to a Fertility Specialist if further investigations are necessary. Following this chart you can assess what course of action you will most likely take to achieve your plan...a healthy baby.

