

fertility SA
POWERED BY
genea
WORLD LEADING
FERTILITY

Ovulation
tracking



Sometimes, timing is everything

Falling pregnant is different for everyone. For some, it happens quickly and for others, it can take longer, but there are some simple first steps that could help.

If you have been trying to get pregnant for a while, without success, it might be that your timing has just been a little off.

That's why FertilitySA created its free ovulation tracking service. It is a great first step towards taking charge of your fertility by giving you the best chance of conceiving naturally. It also takes the guesswork out of knowing when it's the optimal time to try to conceive.

FIRST, SOME FACTS

For conception to occur naturally
two things need to happen:

1 A female
needs to ovulate
(the release of an egg
from the ovary).

2 The egg
needs to be fertilised
by sperm.



Ovulation usually occurs every month of a female's reproductive life, from the time menstruation begins until menopause. Ovulation is triggered by the release of hormones from the pituitary gland that signal the ovaries to produce follicles. One follicle will mature, and right before ovulation, the egg inside the follicle detaches and begins to travel down the fallopian tube. The egg is transported to the entrance of the fallopian tube, where it will either meet a sperm and be fertilised (conception) or continue to the uterus and eventually be absorbed back into the body.

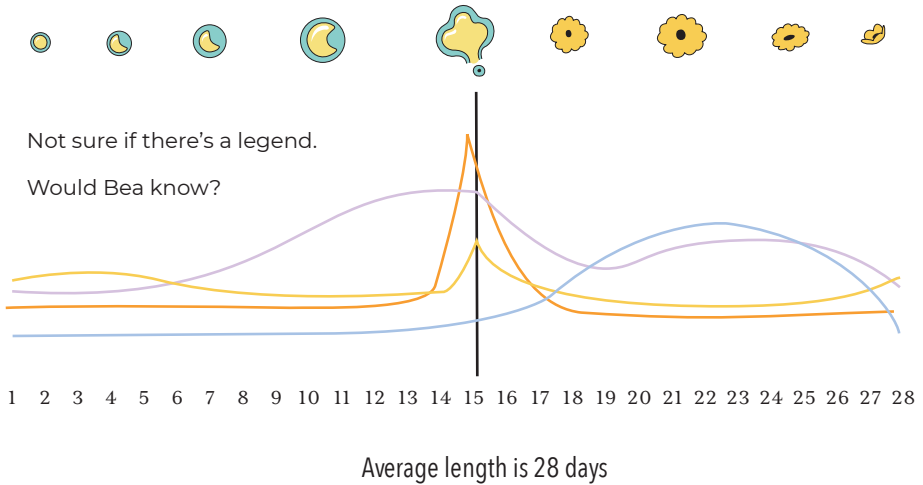
Hormonal triggers

Hormones play a huge role in ovulation and conception, and are secreted by two areas of the female brain. These are:

- The hypothalamus, which produces Gonadotropin Releasing Hormone.
- The pituitary gland, which produces both Follicle Stimulating Hormone (FSH) and Luteinising Hormone (LH).

The FSH that is released from the pituitary gland stimulates the growth of ovarian follicles in the ovary. Each follicle contains an egg. One of the follicles will be more receptive to FSH and become dominant. This dominant follicle will continue to produce more and more oestrogen and grow in size. It eventually releases oestrogen into the bloodstream, which in turn prompts the pituitary gland to release the luteinising hormone, giving the follicle a sudden growth spurt. Right before ovulation, the egg detaches from the follicle.

Menstrual cycle and ovulation



When does ovulation take place?

Ovulation typically occurs 14 days before your next menstrual cycle, or around the middle of your current menstrual cycle, but there are a few variables, making it tricky to predict. A female's menstrual cycle is measured from the first day of her period until the first day of her next period. While the average cycle is 28 days, cycle lengths vary from person to person and can be anywhere from 21 to 40-plus days. This means that not only does the exact timing of ovulation vary between individuals, the timing can also vary each month.

When are you most fertile?

After ovulation, the egg lives for just 12 to 24 hours and must be fertilised in that time for conception to occur. However, sperm can survive for up to five days in the female reproductive tract. This means females are most fertile in the five days leading up to ovulation and the day of ovulation. Having sex on these days will give you the best chance of becoming pregnant.

FertilitySA's free ovulation tracking service



What is ovulation tracking?

Ovulation tracking allows FertilitySA nurses to accurately predict when ovulation will occur by using simple blood tests to check your hormone levels. The blood tests measure levels of FSH, LH and oestrogen in your blood, as well as progesterone, which confirms when ovulation has occurred. The tests help FertilitySA nurses to accurately pinpoint the timing of ovulation.

How much does it cost?

FertilitySA offers three ovulation tracking cycles at no out-of-pocket cost*. Our streamlined ovulation tracking service is fast, convenient and accurate.

Do I need a GP referral?

Yes, a referral from your GP is required for this service, or you can make a Telehealth appointment with a FertilitySA Fertility GP.

Visit fertilitysa.com.au to book an appointment.

What to expect

You will be asked to call the ovulation tracking nurse on Days 1-3 of your period. If this occurs on a weekend, phone them on Monday. They will let you know the best day to have your first blood test, which will occur closer to your expected fertile window.

After each blood test, the nurse will call or text you the same day with your results and details of your next steps.

It is common to have about three blood tests before ovulation to determine your window for conception.

Seven days after ovulation, the nurse will arrange a blood test to check your progesterone levels.

If your period hasn't arrived 16 days after ovulation, we will ask you to come in for a pregnancy test.

*no out-of-pocket for Medicare-eligible patients when blood tests are conducted at a FertilitySA clinic.

Next steps

We've made our service as easy as possible to access via one of the following ways:

- Visit fertilitysa.com.au and request an appointment with FertilitySA's Fertility GP.
- Download a FertilitySA referral pack, which can be completed by your GP.

Why FertilitySA?

As FertilitySA, we've been helping create families in South Australia for decades and now, our partnership with Genea brings world leading IVF technology and success to your doorstep. It's FertilitySA powered by Genea.

Our expertise in helping people to realise their dreams of starting or continuing their family, extends across all facets of fertility treatment, from ovulation tracking right through to assisted reproduction.

We're committed to helping you achieve a pregnancy through our personalised treatment plans.

If you're not pregnant after three cycles of ovulation tracking, we recommend that you see one of our highly qualified Fertility Specialists.

The information we gather during ovulation tracking also helps us determine if there are ovulation problems, so you will already be one step ahead if you need more fertility treatment.

FertilitySA's Fertility Specialists conduct thorough fertility investigations of both partners before discussing treatment options with you to help you achieve your goal.

Take the first step today.



(08) 8100 2900

fertilitysa.com.au

The information in this brochure does not replace medical advice. Medical and scientific information provided in print and electronically by FertilitySA might or might not be relevant to your own circumstances and should always be discussed with your own doctor before you act on it.

