

Support for you

Our reputation for excellent patient care has been built over 25 years, as we helped with the birth of over 5,000 babies. We understand that the decision to start fertility investigations is a big step and we do our best to reassure and support you at all times.

Specialist teams

You will not face these investigations alone. One of our team of experienced Fertility Nurses will be with you at your appointments and available for you to call on for the duration of your treatment. Our patients often form a strong and lasting relationship with our nurses.

Counselling

We provide sessions with Specialist Fertility Counsellors, to help you examine the implications of the journey you are able to take. They will support you as the treatment progresses and help you cope, whatever the outcome.

Pre-conception care

Being fit and healthy helps your fertility. We are committed to helping you achieve a healthy lifestyle.

Fertility assessment options

Couple One-Stop Fertility Assessment
Female One-Stop Fertility Assessment
Semen Analysis and Mini Consultation
Female Mini Fertility Profile

Please see our website for current prices.

How do I book an appointment?

Please call us on **01992 78 50 60** or email us at enquiries@hertsandessexfertility.com



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www.hertsandessexfertility.com

Fertility Assessment



Trying to conceive

Our main objective at the Herts & Essex Fertility Centre is to help you have a baby. One of the first steps on this journey is to undertake a comprehensive assessment of you and your partner's fertility.

When should you seek help?

We recommend you make an appointment for an initial consultation if you have tried to conceive for a year or more without success, so that we can perform some simple fertility tests on you and your partner.

If you are over 35 we would like to see you after only six months of trying to conceive as fertility declines significantly from this age. Quality of sperm also declines with age so we encourage you to start investigations as soon as you can. The earlier a diagnosis is made and treatment commenced, the better your chances of success.

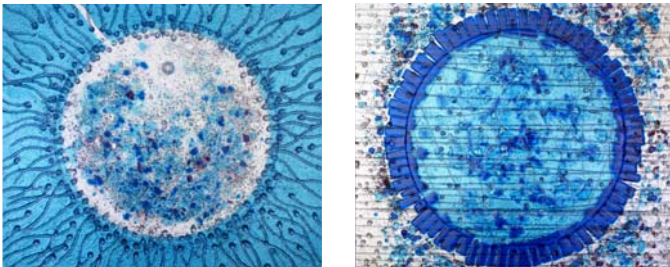
Our fertility tests usually identify the likeliest causes of your infertility. Once all the results are available our Fertility Consultant will discuss your treatment options with you.

Male, female, single or in a relationship?

Our patients include heterosexual couples, same-sex couples and single parents. Whatever your situation, you can be assured of our full and confidential support.

Already a family?

Whether you are seeking to conceive your first child or a second or third, you will receive exactly the same commitment and support from us.



One-Stop Fertility Assessment

We understand that our patients have demanding professional and personal commitments. We have developed an effective system to reduce the number of appointments and help consolidate the testing processes needed for a full assessment of your fertility status.



Your first 30 minute appointment is with a Specialist Fertility Nurse, when necessary blood tests and/or semen analysis will be performed.

A follow-up appointment two weeks later will review and discuss the results of these tests. A detailed 3D Saline Infusion Sonogram (SIS) will be performed to assess the uterus and ovaries and a HyCoSy procedure to determine if your fallopian tubes are open.

In a majority of cases we can get a diagnosis of possible causes for your infertility from these tests. We can provide specialist advice and discuss appropriate management without any further delay. We ensure strict confidentiality at all times.

Tests for women

Blood tests for Anti-Mullerian Hormone (AMH)

This will assess your ovarian reserve/inherent fertility, and the results are usually available within two days.

Blood test for Rubella

The test will confirm if you are immune to Rubella, as the disease can affect your unborn child when you are pregnant.

Blood test for full blood count

To provide a general view of your wellbeing and to check for anaemia.

Urine test for Chlamydia and Gonorrhoea

To assess if you may be at risk from a previous infection which may result in your fallopian tubes being blocked or damaged.

Transvaginal 3D ultrasound scan and Saline Infusion Sonogram (SIS)

These procedures enable us to examine the womb and ovaries in detail for congenital abnormalities of the womb, fibroids, polyps, ovarian cysts as well as assess your reserve of eggs in the ovaries. The results are immediate and an explanation for the difficulties with conceiving or previous miscarriages may be available.

Antral Follicle Count (AFC)

To determine your egg reserve.

Hystero Salpingo Contrast Sonography (HyCoSy)

Performed by ultrasound scan at the same time as the 3D SIS to assess tubal patency and the results are available immediately.

Tests for men

The crucial investigation is the semen analysis which can be organised at the same appointment as your partner's blood tests. We provide a room on site to ensure privacy, and the sample is assessed immediately for sperm count, motility, morphology and antibodies. The results are available on the same day.

You will meet a Fertility Consultant in your follow-up appointment, where your results and your treatment options will be discussed in detail.