

PREPARATING FOR A FERTILITY TREATMENT

BLOOD TESTS FOR OBS HORMONE ANALYSIS

Must be done on the 2nd-3rd day of menstruation.

- ❖ FSH
- ❖ LH
- ❖ Oestradiol
- ❖ AMH
- ❖ TSH+TPO

In the event of a missing cycle, you just get the samples taken immediately

BLOOD TESTS FOR HIV AND HEPATITIS INFECTIONS (legal requirement before fertility treatment)

- ❖ anti-HBc
- ❖ HBsAg
- ❖ anti-HCV
- ❖ anti-HIV 1/2
- ❖ Rubella (if you aren't vaccinated)

LIFE AND MEDICAL HISTORY

At Kvindeklivnikken København we will go through your medical history and lifestyle, including:

- ❖ Age of first menstruation
- ❖ Menstrual cycle
- ❖ Previous pregnancies (if any)
- ❖ Pelvic inflammatory disease (PID)
- ❖ Other diseases
- ❖ Lifestyle (diet, height and weight, smoking, alcohol, physical exercise)
- ❖ Other things which might influence your fertility

GYNAECOLOGICAL EXAMINATION

We would also like to proceed to a gynaecological examination, including:

- ❖ Ultrasound of the uterus and ovaries
- ❖ Cervical screening: cell test in the cervix with a 'smear test'
- ❖ Chlamydia test in the cervix (small soft swab)
- ❖ Ultrasound of the fallopian tubes with water as contrast agent

We use an ultrasound to examine the ovaries' size and amount of egg supply as well as the fallopian tubes. For the latter we proceed with a Hystero-salpingo-ultrasonography (HSU) where sterilised saltwater is the contrast agent. To do so, we inject some water into the fallopian tubes through a small catheter in the uterus. We also check the uterus in case of polyps which ought to be removed prior to any fertility treatment in order to increase pregnancy chances. Furthermore, since hormones can impact female fertility, we also examine both hormone levels and metabolism.

PARTNER

If you have a male partner which you're trying to achieve pregnancy with, it is important that his doctor either refers him for a semen sample and HIV + Hepatitis blood tests, or that his doctor refers him to us, so we order the necessary examinations and collect all your information before any fertility treatment.

WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklivnikken during telephone hours on 36 46 71 40.

Revised September 2022. To be revised on an ongoing basis and certainly no later than September 2025, before in case of any significant changes.

