

## **ENHANCED COMMUNITY GYNAECOLOGY SERVICE**

### **Fertility Clinic Appointments**

You have received this leaflet as you must have been referred to the Fertility Services at the Enhanced Community Gynaecology Service for the assessment of your subfertility and to make further plans.

We try to achieve a 'One Stop' service to minimise delays in your investigations or treatment. It is possible therefore that your appointment might be delayed a little as we need to make sure we have gathered all the necessary information prior to your appointment with the specialist.

It is very important to arrange the necessary blood tests and semen analysis of the male partner, to make sure all the work-up is complete and available for the appointment.

If a semen analysis is done, we recommend that you also keep a copy with you in case there are delays in receiving the results or technical difficulties in checking the results online.

An appointment will only be sent to you when we have received all the requested tests.

These clinics are heavily oversubscribed so please advise the admin team on 01727 823111 as soon as possible if you are unable to attend in order to rearrange and we can offer your appointment to another couple.

We can appreciate how important the time factor is for subfertility patients. It is, however, essential for you to be assessed properly so that a plan can be put in place as you will have every opportunity to discuss the problems, ask questions and get actively involved in the decision making.

We hope you will understand and bear with us until the appointment.

During the appointment **a transvaginal scan** (an internal scan) will be offered to complete the investigations. This adds valuable information regarding your pelvic organs (uterus/ovaries) and enables us to make decisions regarding surgery, if needed.

There are various reasons affecting a couple's ability to conceive and, based upon your clinical status, you will be offered one of the following:

- To check the patency of the tubes: X-ray hysterosalpingogram (HSG) or a HyCoSy scan (Hystero-Contrast-Sonography; an internal scan with a special dye) and then treatment with medication if it is indicated for you
- A surgery to assess your pelvic organs in a detailed manner and then treatment if indicated
- If there is a clinical indication, you may be recommended an IVF treatment straightaway and the funding would depend upon the eligibility criteria

### **IVF Eligibility (Herts Valleys CCG)**

Recently there have been a few changes to the guidelines for the fertility investigations, as well as IVF treatment, and these could affect your eligibility for treatment (If you belong to another CCG the criteria might be different)

Currently we provide 1 egg collection and 2 embryo transfers for the eligible couples

**Previous Fertility Treatment** If you have had any previous NHS funded or self-funded IVF treatment it counts towards your NHS entitlement and will affect your eligibility.

**Age** The NHS provides one fresh and 2 embryo transfers for women aged 23-42 years of age.

**Body Mass Index (BMI)** Calculated as weight (kg) divided by height (m<sup>2</sup>)

The requirement to be eligible is for Women: 19-30 and  
For Men: less than 35.

Outside this range you will not be eligible for further definitive investigations or to be operated on for any definitive treatment until target BMI is achieved.

**Unexplained Infertility** If the diagnosis is unexplained you should have been trying for three years before becoming eligible for IVF.

**Miscarriage** You will have to wait three years from your last miscarriage before you are eligible for IVF referral provided there is no other clinical indication to start IVF sooner

**Smoking** If any one of the partners is smoking it disqualifies you from NHS funded IVF treatment until you are six months smoke free. You are advised to register with the Smoking Cessation Clinic and to make lifestyle changes.

**Children from previous relationships** If any of you have a child/children from a previous relationship (including adopted) you will not be eligible for any NHS funded IVF treatment.

**Residential status** both partners need to be resident and registered with a GP in Hertfordshire for more than one year

These are guidelines for us to follow, however every patient's individual situation is different and we would discuss it in detail at your consultation.

If you are not happy with the decision regarding your eligibility, you can appeal to the CCG to look into your situation and reconsider the decision. Your GP would be able to help you with the appeal process

As it is a 'One Stop' clinic, sometimes you might feel quite overwhelmed with the information provided and could get a feeling that you did not remember some or all of it.

We are more than happy to speak to you over phone or see you again for face to face consultation so that you are clear about the diagnosis and management options.

Our aim is to make sure that you have a full assessment and we help you to make an informed decision about your treatment.

Following your appointment, a letter summarising your consultation will be sent to your GP, which you can get from them

Should you have any further queries please feel free to contact us so we could help to resolve any issues you have regarding your care

We welcome any constructive criticism of the fertility services as we strive to provide the best possible care to all our patients in a timely fashion and would be more than happy to make changes to our services so that every patient feels valued, listened to and participates actively in the decisions regarding their care.