

Fertility East welcomes Fertility Specialists:- Dr Polly Peres & Dr Jenny Cook and introduces ovulation tracking service for GPs



Dr Joel Bernstein Dr Julie Lukic Dr Polly Peres Dr Jenny Cook

Our first newsletter for 2009 contains three important announcements...

1. Welcoming Dr Polly Peres & Dr Jenny Cook as affiliated Fertility Specialists to Fertility East.
2. The introduction of Ovulation Tracking service for GPs to assist their patients to achieve a pregnancy.
3. Impending changes to NSW law, which may negatively impact on the provision of gamete and embryo donation.

Ovulation Tracking:

This new service is being provided for those of your patients whom you think will benefit from timing of their ovulation. The indications for ovulation tracking include:

- Female with regular menstrual cycles, who has tried to conceive for a few months but still does not wish to undergo infertility investigations and treatment.
- Female with an irregular menstrual cycles which make timing of intercourse difficult to determine.

I have included a brochure that is available for your patients. To provide your patients with this, Medicare only service, all they require is a referral to myself or one of my colleagues at Fertility East requesting Ovulation Tracking. They will be seen by one of our nurse co-ordinators for orientation and you will be informed on a visit-by-visit basis of their progress. This can be done telephonically or by fax.

Impending changes to NSW Legislation.

This deals with the Assisted Reproductive Technology Act 2007. There has been a call for public submission regarding the regulations controlling this act and they have all been sent into the NSW Government. I hope the net effect will be the continuation of our successful donor insemination service. Our Sperm Donor program continues as before and I will inform you of any changes as soon as possible.

Finally I would like to inform all our colleagues that both myself and our associated team are always available to discuss any fertility issues that you may have with your patients and please feel free to call us.

Dr Joel Bernstein
Medical Director
Fertility East

Ovulation Tracking

Introduction

In order to maximise a couple's chances of natural conception they need to time intercourse to correspond with the day before and the day of ovulation. This can be easily done using ovulation tracking. Normal ovulation (release of the egg) is preceded by and the result of an LH surge. This surge is a significant and rapid rise in the level of LH hormone produced by the pituitary gland in response to a maturing follicle/egg and its associated rising oestrogen hormone. The surge occurs 24 hours before ovulation and can be measured by blood tests on a daily basis. Measuring of the follicle's diameter by a transvaginal ultrasound assists us in planning the time to start daily LH blood hormone testing. Confirmation of ovulation occurs with another blood test 7 days after ovulation and referred to as a mid-luteal progesterone. This is NOT a pregnancy test.

Who needs ovulation tracking?

- Females with regular menstrual cycles, who have tried to conceive for a few months but still do not wish to undergo infertility investigations and treatment.
- Females with irregular menstrual cycles which make timing of intercourse difficult to determine.

How is ovulation tracking done?

- You require a referral from your General Practitioner to a specialist at Fertility East (listed below) requesting Ovulation Tracking.
- Phone Fertility East: 9389 1177 on Day 1 (first day for your period). The Nurse Coordinator will make a time for you to come in and have a blood test and ultrasound.
- They will advise you when to begin the tracking process.
- At your first tracking appointment a blood test and or pelvic ultrasound will be performed by the Nurse Co-ordinator.
- Based on these results you will be advised which day further testing is needed.

Once an LH surge is detected you will be informed and can plan to have intercourse that day and the following day.

An ovulation confirmation check is done by measuring a blood progesterone level seven (7) days after ovulation. Should you miss a period a pregnancy test will be done. This information will also be sent to your managing doctor. If you have a period please contact the nurse coordinator to commence the next cycle.

Where is ovulation tracking done?

Fertility East, Level 26, Westfield Tower 1, 520 Oxford St Bondi Junction.

What does it cost?

For all patients with a valid Medicare Card the service is **bulk billed**, so there are no out of pocket costs!

For non Medicare eligible patients please contact accounts at Fertility East.

Specialists: Dr J Bernstein, Dr J Lukic, Dr P Peres,
Dr J Cook, Dr J McDonald

Overleaf - Ovulation Tracking Patient Record 

