

FERTILITY



SUPPORTIVE AND
NURTURING CARE

Every year, we help over 1,000 couples with their fertility issues at our 5 dedicated assisted conception units, using some of the latest techniques such as oocyte cryopreservation (egg freezing) and time lapse imaging. At each of our centres, we offer an individually tailored programme of consultation, investigation and counselling to ensure treatment is designed to help you with the best chance of conceiving. We even hold regular open events so you can meet our fertility teams to help you understand your options and put yourself at ease.

It's **the little things** that make the difference.



TRYING TO START A FAMILY?

Starting a family is an exciting, emotional and often natural part of many people's lives. However some couples have difficulty fulfilling this wish.

Many people have no idea they have fertility issues until they start trying for a baby and it doesn't happen as easily as they expected.

We often don't know what causes sub-fertility but there are some signs that can indicate issues for both men and women.

For example, irregular periods may be a sign that ovulation is not occurring as regularly as it should, and heavy and painful periods may be the result of a condition called endometriosis which can also damage the fallopian tubes.

WHAT DO YOU DO IF YOU THINK YOU HAVE FERTILITY ISSUES?

A woman who has not conceived after one year of unprotected intercourse, in the absence of any known cause of infertility, should be offered assessment and investigation along with your partner.

If the woman is aged 36 or over, or there is a known clinical cause of infertility (or a history of predisposing factors for infertility), you should be seen sooner than one year.

You should see your GP who, if appropriate, can refer you to a fertility specialist.

At BMI Healthcare we have a team of specialists qualified to perform fertility tests for you and your partner to help pinpoint why you are finding it difficult to conceive – and where possible to offer treatment.

Available tests include:

- Initial physical assessment – a general health check-up to see if you have any conditions which may affect your fertility
- Hormone tests – simple blood tests for both partners
- Semen analysis – to assess the man's sperm count
- Ultrasound and x-rays – to examine the womb and ovaries and, where appropriate, check the fallopian tubes
- Laparoscopy – a small telescope is inserted into the woman's abdomen to look directly at the womb, the ovaries and the fallopian tubes
- Endometrial biopsy – to sample the lining of the womb
- Surgical exploration of the testes – to look for sperm even when there is no sperm in the ejaculate

WHAT ARE THE COMMON TREATMENTS?

A number of treatments are available. For example, women who are not ovulating regularly are often prescribed ovulation stimulating drugs.

Sometimes assisted reproduction treatments are suggested, including the most well-known treatment, in vitro fertilisation (IVF).

IVF involves fertilising eggs with sperm in the laboratory before transferring the resulting embryo to the womb. IVF is used to treat women with blocked fallopian tubes and endometriosis as well as for couples where no sub-fertility factor has been identified – 'unexplained' infertility.

There are other techniques and treatments available and our teams at BMI Healthcare hospitals can advise you on your options.

For More Information

Contact Fertility Medical Team

Call 0800 656 9620

Email info@bmihealthcare.co.uk



OUR FERTILITY LOCATIONS

BMI Healthcare offer five dedicated Fertility Centres in the UK

1. Sussex Downs Fertility at BMI The Esperance Hospital, Eastbourne, East Sussex (Satellite clinic at BMI Goring Hall, Goring-by-Sea, West Sussex)
2. BMI The Priory Hospital, Birmingham, West Midlands
3. BMI The Chaucer Hospital, Canterbury, Kent
4. BMI Shirley Oaks Hospital, Croydon, Surrey
5. BMI Chelsfield Park Hospital, Orpington, Kent

We also have additional locations offering consulting rooms or satellite clinics.

Visit our website or call us for more information.

YOUR LOCAL BMI HEALTHCARE HOSPITAL

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For more information, full terms and conditions or to apply, you can call us on **0161 216 2500** (select option 1 and then option 2), visit us at **www.bmihealthcare.co.uk/bmicard** or speak to us at your local BMI Healthcare hospital.

[†]BMI Card is a credit facility offered by BMI Healthcare Limited, BMI Healthcare House, 3 Paris Garden, London, SE1 8ND. 0% interest for 12 months then 0.79% per month, representative 9.9% APR variable. Up to £20,000 available (subject to status). Monthly repayment 5% of balance or £25 whichever is greater or balance if lower than £25.