

Timing is everything
Ovulation Tracking
Patient Information Booklet

3 Cycles
no out-of-pocket*



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Getting pregnant naturally

Many couples, understandably, want to know what they can do to improve their chance of conceiving naturally rather than rushing into fertility treatment.

If you've been trying for a little while with no success, a good first step is to try Genea's Ovulation Tracking at no out-of-pocket cost*. It's a simple option that helps you understand when you are likely to be ovulating and the best timing for sex to give you the greatest chance of getting pregnant. Timing is everything and having sex at the right time can be all it takes for some couples to conceive successfully. And knowing when that right time is can be the key to success.

But the catch is that everyone is different and one size doesn't fit all. That's why it's crucial to understand what your cycle is doing and when YOU are ovulating.

Getting pregnant... the basics

For a couple to conceive two important events need to occur:

1

A woman needs to be ovulating (when an egg is released) and;

2

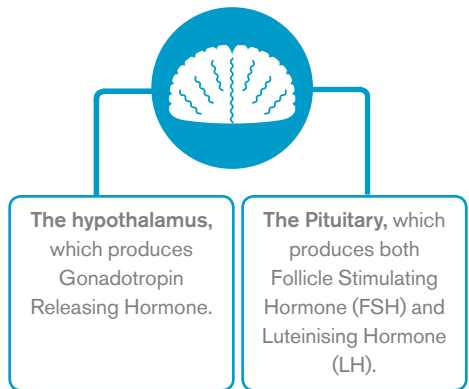
The egg needs to be successfully fertilized by sperm from the man.

What is ovulation?

Ovulation usually occurs every month of a woman's life from puberty through to the time of menopause. It is defined as the release of a mature egg from the ovary.

The egg travels down the fallopian tube to meet the sperm. If the egg is fertilised by a sperm, pregnancy may occur. If fertilisation does not happen, then menstruation is likely to occur.

The whole process is controlled by two areas in the brain.

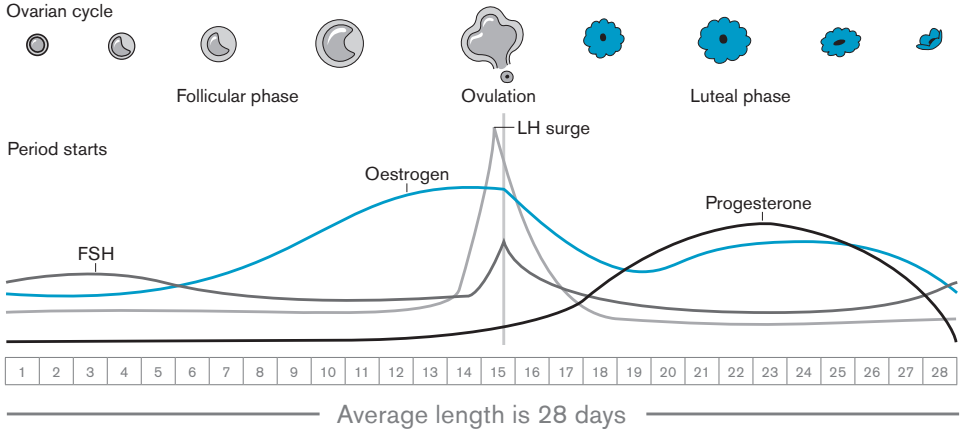


The FSH that is released from the pituitary stimulates the growth of ovarian follicles in the ovary. Each follicle contains an egg.

One of the follicles will be more receptive to FSH and become dominant. This dominant follicle will continue to produce more and more oestrogen and grow in size.

In order for ovulation to occur, an LH surge, caused by the high oestrogen levels will trigger the mature egg to be released from the dominant follicle.

Menstrual cycle



When does ovulation take place?

Ovulation usually occurs around the middle of the menstrual cycle, however, the exact timing can vary from month to month.

A woman's menstrual cycle is measured from the first day of her period until the first day of her next period. Cycle length varies from woman to woman too and can be anywhere from 21 to 35 days. The LH surge we explained earlier, usually occurs 24 hours before ovulation and can be detected through a blood test.

When am I most fertile?

The most fertile days are the five days leading up to ovulation and the actual day of ovulation.

A woman's egg survives for approximately 24 hours after ovulation. Sperm, however, can survive for up to five days – giving you a small fertile window when conception can take place. By having sex during your most fertile days, you are improving your chances of getting pregnant.

The absolute best chance of conception is when a couple have sex leading up to ovulation.



What is ovulation tracking?



One of the most accurate methods for predicting ovulation is to test your hormone levels with simple blood tests. The blood tests will measure your levels of FSH, LH and Oestrogen as well as Progesterone, the presence of which confirms ovulation has occurred. These tests help us accurately pinpoint the timing of ovulation.

Ovulation tracking usually involves up to three blood tests before ovulation and one blood test afterwards.

\$ How much does it cost?

At Genea, we offer **three ovulation tracking cycles** at no out-of-pocket cost*. Our streamlined ovulation tracking service means minimal impact on your time without compromising on results.

📍 Where do I go for tracking?

Genea's Ovulation Tracking is available at a number of Genea locations across the Sydney metro area as well as Canberra, Wollongong and Newcastle.

Visit [genea.com.au/ovulationtracking](https://www.genea.com.au/ovulationtracking) for details on opening hours.

How do I get started?

Genea Ovulation Tracking. A simple Four Step Plan

STEP 1

Get your referral.

Visit [genea.com.au/ovulationtracking](https://www.genea.com.au/ovulationtracking) to:

- Request an appointment with Genea, OR
- Download your referral request form for your GP to complete.

STEP 2

Call or email the Genea nurse between Day 1-3 of your next period.

They will advise you of the best day to have your first blood test.

Visit a Genea clinic to have your blood test.

You'll then receive a call to let you know whether you should have another blood test or have unprotected intercourse (it is common to have three initial blood tests to determine ovulation).

STEP 3

Seven days after ovulation, you'll need one more blood test to check your progesterone levels.

These usually rise after an egg has been released.

STEP 4

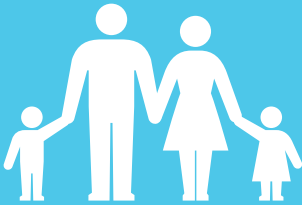
It's time for a pregnancy test!

If your period does not arrive (after 16 days from the day of ovulation), the nurse will arrange for you to have a pregnancy test.

Why Genea for Ovulation Tracking?

Genea has been at the forefront of fertility treatment for almost 30 years and our expertise in helping people conceive extends far beyond just IVF.

We're committed to helping you achieve your dream of a family and providing a personalised treatment plan that offers you the best chance of success.



What if you are still not pregnant after ovulation tracking?

If after three cycles of ovulation tracking, you are not pregnant, we recommend that you see one of our highly qualified Fertility Specialists.

Genea's Fertility Specialists conduct thorough fertility investigations of both partners and then discuss with you the treatment options to help you achieve your dream.

At the end of the day, you can be confident that you're giving yourself the best chance of success, no matter which way your journey takes you.



Get started today

Take the first step to achieving your dream of a family. Contact the Genea Ovulation Tracking Nurses on **1300 117 698** or email: ovulationtracking@genea.com.au

NOTES



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