

PATIENT INFORMATION SHEET Routine Investigations

For Women

We recommend these routine investigations for all women before their appointment at the fertility clinic:

Rubella	A blood test will be carried out to check your Rubella (also known as German Measles) immunity. This check must be carried out prior to your treatment cycle because Rubella infection can cause serious health risks for the baby during pregnancy. If you are not immune, we will arrange immunisation for you.
Chlamydia & Gonorrhoea	This test requires a vaginal swab. Chlamydia and gonorrhoea infections may remain "silent" for many years without symptoms but they can cause complications in pregnancy and have serious effects on both the woman and her developing baby. If results are positive, treatment with antibiotics can be provided for you and your partner.
Progesterone	A blood test will be carried out late during your monthly cycle to ensure you are ovulating correctly.

For women over the age of 35, the following additional tests may be carried out:

Follicle Stimulating Hormone (FSH)	A blood test will be carried out early in your menstrual cycle to check for the level of this gonadotrophin which stimulates the ovaries to produce eggs. This test can be used to indicate or evaluate how well your ovaries are functioning.
Oestradiol (E2)	A measurement of this hormone will be carried out on the same blood sample taken to check your FSH level and is used to help interpret the results from the FSH test. We will also measure the level of this hormone during your IVF/ICSI cycle as it allows us to track the growth of developing follicles.

For women who do not have regular periods, the following additional tests may be appropriate:

Luteinising Hormone (LH)	The blood sample taken to assess FSH and E2 can be used for this test. Luteinising hormone is one of the main hormones controlling the reproductive system so abnormalities are likely to have an affect on your fertility and your menstrual cycle.
Prolactin	The blood sample taken to assess FSH, E2 and LH can be used for this test. Abnormal Prolactin levels can cause irregular periods in some women.
Testosterone	The blood sample taken to assess FSH, E2, LH and prolactin can be used for this test. Abnormal testosterone levels can be seen in some conditions causing infertility.
Thyroid Function Tests (TFTs)	The blood sample taken to assess FSH, E2, LH, prolactin and testosterone can be used for this test. Thyroid hormones interact with the reproductive hormones to maintain normal function of the ovaries and abnormalities in the thyroid can be associated with irregular periods and subfertility.

The following investigations may be carried out prior to IVF, ICSI or PGD:

Anti-Mullerian Hormone (AMH)	A blood test will be needed to assess the level of this hormone which is a good indicator of your ovarian reserve. Your AMH level will help determine the best dose of drugs to give you for optimisation of any IVF/ICSI treatment.
Antral follicle count	The number of resting follicles will be assessed by ultrasound scan and will be used with the AMH level to assess your ovarian reserve.

For Men

Routine investigation for all men before attending an appointment at the fertility clinic:

Semen Analysis	We assess the motility (how well the sperm are swimming), the count (number of sperm) and the morphology (shape). This will help diagnose/exclude the cause of infertility, and help determine the right course of treatment for you and your partner.
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In some men with an abnormal sperm sample, the following tests may be required:

Follicle Stimulating Hormone (FSH)	A blood test will be carried out to assess the level of this gonadotrophin which is important in sperm development in the testis.
Luteinising Hormone (LH)	The blood sample taken to assess FSH can be used for this test. LH stimulates the testes to produce sperm and also testosterone, which plays a critical role in reproduction in men.
Testosterone	The blood sample taken to assess FSH and LH can be used for this test. Testosterone acts locally to encourage the testes to make sperm, as well as being responsible for promoting "male" body characteristics (facial and body hair, large larynx etc).
Chromosome Analysis (karyotype)	A different sample will be needed for a chromosome analysis. Some men with a low sperm count can have an abnormal chromosome analysis and it is important to identify this prior to any IVF/ICSI treatment.