

# Fertility Treatment at Queen's Hospital



Fertility treatment is offered at Queen's Hospital as part of Gynaecological Services. The Sub Fertility Department is accredited by the Human Fertilisation and Embryology Authority (HFEA) and offers a range of infertility investigations and treatments to couples.

## The Unit is staffed by:

Mr M Sathanandan	Consultant Gynaecologist and Clinical Lead for Fertility Services (HFEA Licence Holder)
Miss C Hargreaves	Consultant Obstetrician and Gynaecologist
Professor J Barua	Consultant Urologist
Dr J Mehta	Senior Embryologist and Quality Assurance Manager
Mrs A White	Senior Fertility Nurse Specialist
Mrs M Anius	Fertility Nurse Specialist
Mrs E Bethray	Administrative Support

## Treatments Offered

We offer all types of fertility treatments except IVF, ICSI and Donor Insemination. These include:

- Ovulation induction
- Intra uterine insemination (IUI) using partner's sperm
- All types of surgical treatment to aid fertility
- Counselling service
- Joint male and female fertility clinics

If further treatment is necessary e.g. IVF/ICSI, the Department has strong links with both Barts and The London and the Homerton Hospitals and is able to refer patients, if they are eligible.

## Referral to the Fertility Unit

We ask you to send us a referral letter from your GP or Gynaecologist detailing all past investigations and treatments. If you are referred to us there will be no charge for your appointments as these are covered by the NHS. Once we have received the referral we will contact you to confirm your appointment.

We are happy to see any patient for an initial consultation. However, women should be seen before their 40<sup>th</sup> birthday if they require intra uterine insemination. We also expect all couples to be in a "stable" relationship of at least one year before seeking treatment. We follow the HFEA's code of practice about assessing the welfare of the unborn child; we will ask you to fill out a questionnaire and will undertake a detailed medical and social history to ensure that we fulfil this legal obligation.

## First Consultation

Before any treatment it is usual for you to have an appointment as a couple with a fertility nurse who will explain the treatment process. This appointment lasts approximately 60 minutes. A full history of both partners will be taken and fertility investigations initiated. A further appointment will be made with one of our Specialist Fertility Consultants after all test results are available and a plan of treatment will be decided upon.





## Investigations that may be Required

### Women

You may be asked to have all or some of the following investigations:

- An ultrasound scan of the pelvis, uterus (womb) and ovaries
- Hormone blood tests
- An X-ray to show if the fallopian tubes are open or blocked (hysterosalpingogram/HSG)
- Keyhole surgery that inserts dye into the uterus to show any blockages (laparoscopy and dye test)
- **Hysteroscopy (where a small telescope is placed in the uterus to check that is normal)**

### Men

All male partners attending the unit for infertility investigations will be required to provide a semen sample for assessment. This will need to happen before any treatment plan can be arranged. The semen sample will be examined under a microscope to assess the following:

- Amount of semen (volume)
- Sperm count (the number of sperm per millilitre)
- Motility (the number of living sperm moving)
- Progression (forward movement)
- Abnormalities (morphology)

If you feel that producing a sample may be a problem, please call the Unit to discuss this further. You may also need to have a blood test.

### Reproductive Surgery

Some women may require surgery to treat fibroids, endometriosis or abnormalities inside the uterus before assisted conception treatment begins. If this is necessary a sub fertility consultant will manage your treatment.

### Fertility Treatments

#### Ovulation Induction

This is the use of tablets or injections to stimulate your ovaries to produce eggs. This is monitored carefully by ultrasound during the treatment cycle to pinpoint ovulation and allows correct timing of sexual intercourse or intrauterine insemination.

Ovulation induction, scanning and monitoring is carried out by our expert sub fertility nurses who will be able to advise and answer many of your questions as the treatment progresses.

#### Intra Uterine Insemination (IUI) using partner's sperm

Your partner will need to produce a sperm sample on the day you are ovulating (which will be pinpointed through ultrasound scans and urine tests). The sperm is assessed and prepared in a special solution and is then passed through the cervix (neck of womb) and placed into the uterus (womb) using a fine soft catheter.

This treatment is useful for:

- Ovulation problems
- Mild endometriosis
- Slightly low sperm counts
- Some cases of unexplained fertility

If you have already had sub fertility treatment and are a suitable candidate for IUI treatment but your local NHS Trust is unable to provide this service, we do operate a direct referral to IUI services from certain NHS Trusts.

This Unit was in operation for 12 years at the Harold Wood site before moving to Queen's Hospital in December 2006 and has great success and experience in all the above treatments.

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