



Everything you need to know about your Initial Consultation and Scan



CREATE[™]
Fertility

Initial Consultation Guide

Pioneers of Natural and Mild IVF

Call 0333 240 7300

www.createfertility.co.uk

Thank you for booking with us

We know that it's a big decision starting fertility treatment and there are lots of questions that you might have about how it all works, and what your next steps are. This short guide is designed to show you what those next steps entail, and to give you a clear idea of what to expect when you come to meet our dedicated team for your Initial Consultation and Scan (IC).

Why should CREATE Fertility be your first choice?:



1. FOCUSED ON LONG-TERM HEALTH OF MOTHER AND BABY

Our pioneering approach to fertility treatment focuses on the health and well-being of the mother and baby. Our lower drug dose treatments reduce the burden, risks and side effects of fertility treatment to achieve healthier outcomes.



2. LEADERS IN NATURAL AND MILD IVF

CREATE Fertility are the UK's pioneers of Natural and Mild IVF treatment. Our medical and scientific leaders are at the forefront of assisted reproduction, making fertility treatment safer for women whilst obtaining excellent success rates.



3. EXCELLENT SUCCESS RATES

We have leading success rates: helping women and couples to complete their families since 2001.



4. LED BY MEDICAL EXPERTS

Our doctors, nurses and embryologists are all highly qualified, experienced and have been trained in our methods by Professor Nargund and her senior colleagues, meaning that you are always in good hands.



5. EXPERTS IN ADVANCED ULTRASOUND

Our Advanced Ultrasound Scan is the foundation of our approach. We have pioneered the use of ultrasound to provide a detailed and accurate insight into fertility.

Patient support

CREATE Fertility patient support:

Our patient support number will take you through to our friendly patient advisors who can book in your appointments and answer queries about your treatment.

0333 240 7300

Patient support line opening times:

Monday to Friday 8:00am – 6:00pm

Saturday 9:00am – 5:00pm

Sunday 9:00am – 2:00pm

Before your Initial Consultation and Scan (IC)

A patient coordinator will try to contact you before your IC to talk through your appointment with us, ensuring that any questions you have about your next steps are answered. If you decide to go ahead with treatment, your assigned patient coordinator will guide you throughout your journey with us.



What to expect at your Initial Consultation and Scan



The first step to having fertility treatment is to come for a **1-hour** Initial Consultation and an Advanced Ultrasound Scan (IC) with one of our expert clinicians. You will be greeted by your patient coordinator who will see you throughout your treatment and they will introduce you to the clinician who will take you through your IC. The clinician will talk through your medical history, carry out an advanced ultrasound scan and give you a personalised plan that is designed to maximise your chance of success.

You will then have a **30-minute** appointment with your patient coordinator who will talk you through the treatment process, the costs, when to start and when counselling will be offered.



Welcome

Meet your patient coordinator who will see you through your journey at CREATE.



Medical review

You will meet your clinician, then they will do some basic health checks and discuss your medical history with you.



Advanced Ultrasound Scan

We will look at:

- Your egg reserve: looking at the antral follicle count.
- The health of your uterus and ovaries.
- Any obstructions, polyps or fibroids.
- The quality of your eggs: blood flow to the ovaries and follicles gives indirect information about the quality of eggs.
- Blood flow to uterus.
- Your clinician will explain your scan results.



Results

- Your clinician will take all of your circumstances into account and recommend the best solutions for your circumstances.
- If you are recommended treatment, you will be given a personalised treatment plan and an individualised success rate.
- You may also be recommended other diagnostic tests.
- Your clinician will then answer any questions you may have.



Your patient coordinator appointment

You will then spend **30-minutes** with your assigned patient coordinator to discuss the treatment process, the costs, when to start and when counselling will be offered. This is also an opportunity to resolve any outstanding questions that you may have about treatment.

FAQs about the Initial Consultation and Scan

How much time do I need to allow for this appointment?

You will need to allow **1 hour and 30 minutes** for this appointment. This includes your Initial Consultation and Scan (IC) with the clinician, and 30 minutes with your patient coordinator.

Do I need to come at a certain point in my cycle?

No, you do not need to come at a particular point in your menstrual cycle. You can come in for your appointment when you are on your period as long as you are comfortable.

Should I bring anything with me?

If you or your partner (if applicable) have had any previous investigations such as blood tests and semen analyses in the last 12–24 months, please bring these along to your appointment. These tests may provide the team with useful additional information about your circumstances.

Some tests may need to be re-done at the clinic if they are more than 3 months old. We need to ensure that the information reflects your current situation as accurately as possible.

Do I need to bring my partner? (if applicable)

It is not obligatory. However, it is likely to assist our diagnosis and treatment if they are in attendance. This is especially the case if they need to have investigations themselves e.g. semen analysis. If they are not able to attend it may be necessary to arrange a subsequent visit for your partner.

When do I receive my test results?

When you come in for your IC you will receive your results of your scan on the day of your appointment.

If I have a coil, does this need to be removed?

If you are planning treatment and you have a coil, then you will need to have this removed prior to your treatment.

How long are my scan results valid for?

Your scan results are valid for 3 months. This is to ensure that the results and recommendations are up-to-date.

What do I do if I need donor sperm?

If you are having treatment with donor sperm from our clinic, we will help to match you to a suitable donor and help you to fill in the required consent forms.

If you are using donor sperm from an outside source they will give you advice on how to transfer this over to the clinic.

What if I need an egg donor?

If you need egg donation treatment, your treatment process will progress differently to that of a non-egg donation patient. After your Initial Consultation and Scan (IC) your next step is to book an Egg Recipient Initial Consultation (ERIC) which will be with one of our specialist egg donation nurses.

During this appointment you will be given donor matching forms and receive in-depth information about our egg donation services.

How can I access counselling if I decide to go ahead with treatment?

You can get contact details of an independent counsellor from your clinic team.

Our commitment to you

At CREATE Fertility we understand that every woman is different and there is no 'one size fits all' when it comes to fertility treatment. That's why we offer bespoke, tailored treatment plans suited to your needs.

We give our patients high quality care, using advanced ultrasound technology, ensuring that we have an accurate understanding of your fertility needs. We will always work with your body, giving you a personalised plan that gives you the best chance of success. Our treatment is:

Safer for women

- ✓ Lower doses of fertility drugs
- ✓ No downregulation
- ✓ Reduced injections
- ✓ Minimal side effects
- ✓ Shorter treatment duration
- ✓ Reduced risk of OHSS

Safer for babies

- ✓ Reduced multiple births
- ✓ Higher birth weights
- ✓ More full-term babies
- ✓ Reduced long-term health complications

Thank you for your booking, and we look forward to meeting you at your appointment.



Professor Geeta Nargund
Founder and Medical Director – CREATE Fertility

