



Ovulation Tracking A Bulk-Billed Program



Step 1

Ask your GP for a referral for Ovulation Tracking at Monash IVF.

Step 2

During the first week of your period, please call your preferred Monash IVF clinic and speak with a Fertility Nurse. Our Fertility Nurses are available Monday to Friday, from 8am to 4pm.

Sydney CBD 02 9154 1130

Bondi Junction 02 9389 1177

Parramatta 02 9890 9022

Penrith 02 9154 1155

Your Fertility Nurse will inform you when your first blood test will be.

Step 3

Ovulation Tracking is performed by your Fertility Nurse at Monash IVF under the direction of a Specialist.

Your Fertility Nurse will advise when certain tests are required, such as:

- Blood hormone testing
- Blood pregnancy test

Step 4

If a pregnancy is not achieved after 3 ovulation tracking cycles, we highly recommend seeing a Monash IVF Fertility Specialist for further advice.

Other fertility treatments may be required to enable you to achieve a successful pregnancy.

In order to maximise your chance of natural conception, its best to time intercourse to correspond with the day before and the day of your body ovulating. This can be done easily using the ovulation tracking program offered by Monash IVF.

Normal ovulation (release of the egg) is preceded by and the result of an LH surge. This surge is a significant and rapid rise in the level of LH hormone produced by the pituitary gland in response to a maturing follicle/egg and its associated rising oestrogen hormone

The surge occurs 24 hours before ovulation and can be measured by blood tests (fasting not required).

Confirmation of ovulation occurs with another blood test 7 days after ovulation and is referred to as a mid-luteal progesterone.

Who needs ovulation tracking?

People with eggs With regular menstrual cycles, who have tried to conceive for a few months but still do not wish to undergo infertility investigations and treatment.

People with eggs who have irregular menstrual cycles which makes timing of intercourse difficult to determine.

How is ovulation tracking done?

- Your GP can provide a referral for you to see one of our specialists who will oversee your treatment and provide a treatment plan or alternatively your GP can oversee your treatment at Monash IVF.
- Once you have a referral from your GP, please phone your preferred Monash IVF clinic during the 1st week of your period.

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A Nurse Coordinator will advise when to begin the tracking process.

- At your first appointment you will have a blood test.
- Based on this result you will be advised which day further testing is needed.

The surge occurs 24 hours before ovulation and can be measured by blood tests (fasting not required). Confirmation of ovulation occurs with another blood test 7 days after ovulation and is referred to as a mid-luteal progesterone.

Who qualifies for the program?

This service is suitable for women up to 35 years of age who have been trying to achieve a pregnancy for the last 6 months. If you are over 35, try ovulation tracking for 3 months, but if no pregnancy is achieved, then we highly recommend you seek the advice of a Fertility Specialist for an affordable and comprehensive fertility assessment.



What does it cost?

For all patients with a valid Medicare Card the service is bulk billed, so there are no out of pocket costs. For non-Medicare eligible patients, please contact us for more information.

Ovulation Tracking

Ovulation tracking is a service provided by Monash IVF to assist couples in timing intercourse to maximise their chances of natural conception. This is achieved by calculating ovulation, the monthly process of releasing a mature egg.

From puberty to menopause most healthy females release one egg per month. The egg and its coverings are called a follicle. Follicle growth can be measured using blood testing (oestrogen or "E2"). About mid-cycle and when the follicle matures, a second hormone is released by the pituitary gland called LH.

This LH "surge" causes the final maturation and release of the egg (ovulation). This surge is measured with blood testing.

Once the surge has occurred ovulation takes place about 24 hours later. Therefore, the optimal timing of intercourse is the day of the surge and the following day.

After ovulation there are changes in the function and appearance of the follicle and so it is now called a corpus luteum (yellow body). The corpus luteum produces a second hormone in addition to oestrogen called progesterone. By measuring progesterone ("P4") one week after ovulation a fair idea of the confirmation and quality of ovulation can be made. The gold standard test of ovulation is of course pregnancy.

Role of the Male Partner: If you have experienced difficulty achieving a pregnancy it may be necessary for your male partner to have a semen test. All Monash IVF clinics are able to perform a semen analysis. It is also advisable for your male partner to ejaculate every 2 to 3 days during the monitoring phase of the tracking cycle.

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