

TIMING IS EVERYTHING

The little book of ovulation





THERE IS MORE THAN ONE WAY TO MAKE A BABY

Have you been trying to get pregnant for a while with no success? Does it seem like every second person on Insta is doing a gender reveal while all you've got to reveal are negative pregnancy tests? You might have guessed that something's not working but you're not keen to rush into fertility treatment. Well, there's more than one way to hack baby-making.

Genea's Free Ovulation Tracking* is a good first step to give you a better chance at getting pregnant naturally.

It's a simple option that helps you understand when you are likely to be ovulating, so you know when the best time is to have some sexy time. Timing is everything and having sex at the right time can be all it takes for some people to conceive successfully. The trick is to figure out YOUR personal "right time". While helpful in some ways, online calculators give general information and over the counter ovulation tests often tell you that you've already ovulated.

LET'S GET BACK TO THE BASICS

For a man and woman to conceive naturally, two important events need to happen:

1. A woman needs to be ovulating (when an egg is released).
2. The egg needs to be successfully fertilised by sperm from the man.

TIP



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

* no out-of-pocket for Medicare eligible patients when blood tests are conducted at a Genea monitoring centre.

OVULATION 101

Ovulation usually occurs every month of a woman's life from puberty through to the time of menopause. The definition of ovulation is the release of a mature egg from the ovary. Once the egg is released from the ovary, it travels down the fallopian tube in the hope of meeting sperm from correctly timed sex. If the egg and sperm meet and the egg gets fertilised by a sperm, you might get pregnant. If the egg isn't fertilised, then the next step is likely to be menstruation (AKA your period will arrive).



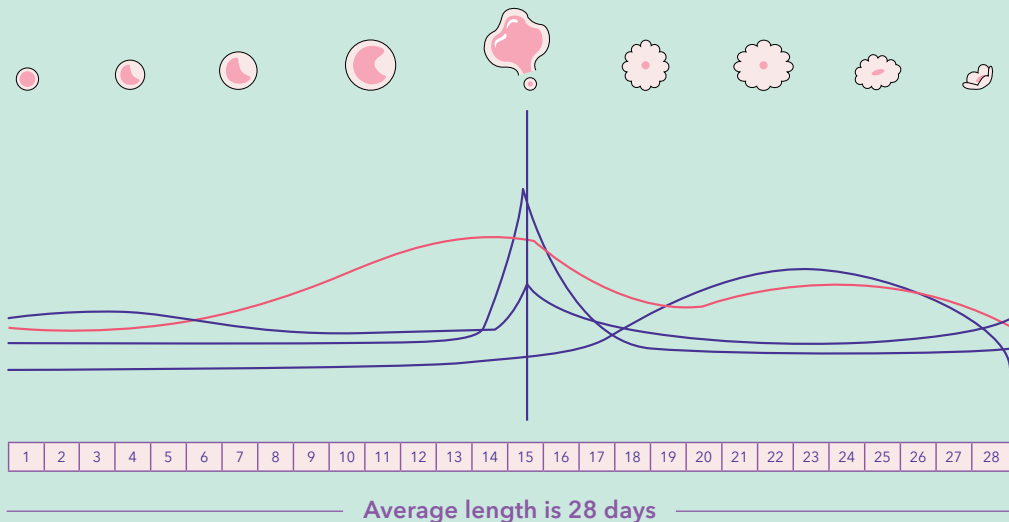
CUE THE HORMONES

This whole process is controlled by two areas in the brain:

The hypothalamus which produces Gonadotropin Releasing Hormone.

The Pituitary which produces both Follicle Stimulating Hormone (FSH) and Luteinising Hormone (LH).

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. For ovulation to happen, an LH surge, caused by the high oestrogen levels will trigger the mature egg to be released from the dominant follicle.



WHEN DOES OVULATION TAKE PLACE?

Ovulation usually happens around the middle of the menstrual cycle BUT there are a few variables at play. 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 and can be anywhere from 21 to 35 days. The exact timing of ovulation within the cycle can vary from woman to woman AND, it's not unusual for a woman to find that the exact timing of her ovulation varies from month to month (from one cycle to the next).

WHEN AM I MOST FERTILE?

A woman's most fertile days are the five days leading up to ovulation plus the actual day of ovulation. An 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 chance of getting pregnant.

INTRODUCING GENEA'S FREE OVULATION TRACKING

WHAT IS OVULATION TRACKING?

One of the most accurate ways to predict 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 (progesterone confirms for us that ovulation has occurred). These tests help us accurately pinpoint the timing of ovulation.

HOW MUCH DOES IT COST?

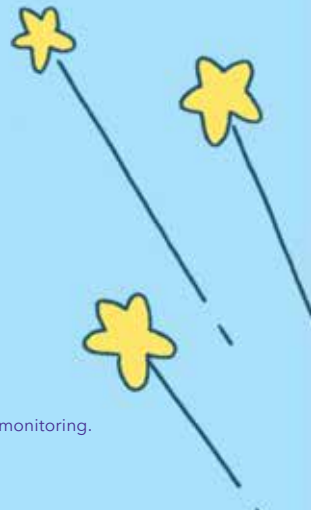
At Genea, we offer **three ovulation tracking cycles at no out-of-pocket cost***.

Our streamlined ovulation tracking service means minimal impact on your time without compromising on results.

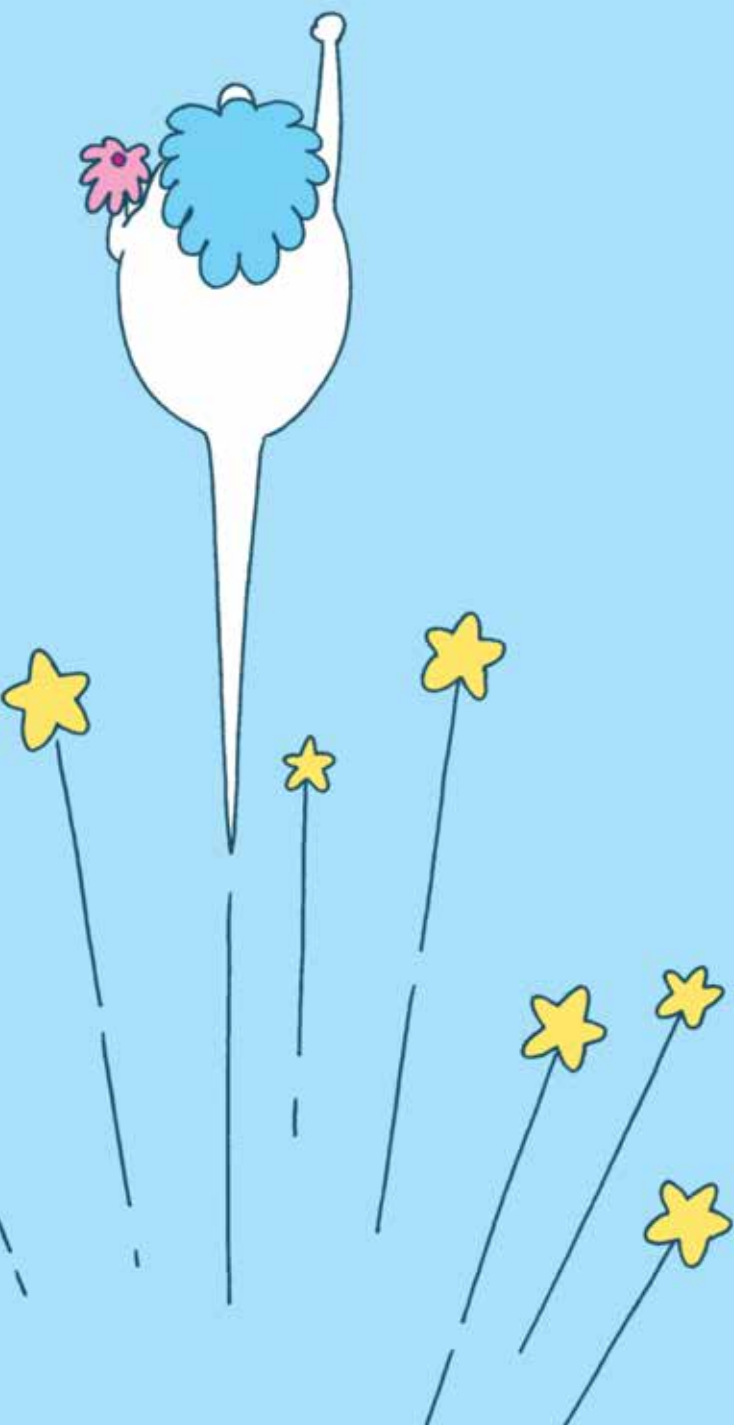
WHERE DO I GO FOR TRACKING?

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

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



* no out-of-pocket for Medicare eligible patients when blood tests are conducted at a Genea monitoring.



WE'VE GOT OVULATION TRACKING DOWN TO A FINE ART

HERE'S YOUR FOUR STEP PLAN



STEP 1: GET YOUR REFERRAL

We've tried to make our service as easy as possible, so you can do this in one of three ways.

Visit (genea.com.au/ovulationtracking) to:

- Request an appointment with Genea's Fertility GP (Sydney CBD clinic only); or
- Download a Genea Referral Pack to have your GP complete; or
- Download a Genea Newcastle Referral form to have your GP complete (Newcastle only)



STEP 2: CALL OR EMAIL THE GENEVA NURSE

Between Day 1-3 of your next period, call or email your Geneva Nurse. The Nurse will let you know the best day to visit a Geneva clinic for your first blood test. After that blood test you'll get another call to let you know whether you should have another blood test or have unprotected sex (it is common to have three initial blood tests to determine ovulation).



STEP 3: ONE MORE BLOOD TEST

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 16 days from the day of ovulation, we'll have you come in for a pregnancy test.

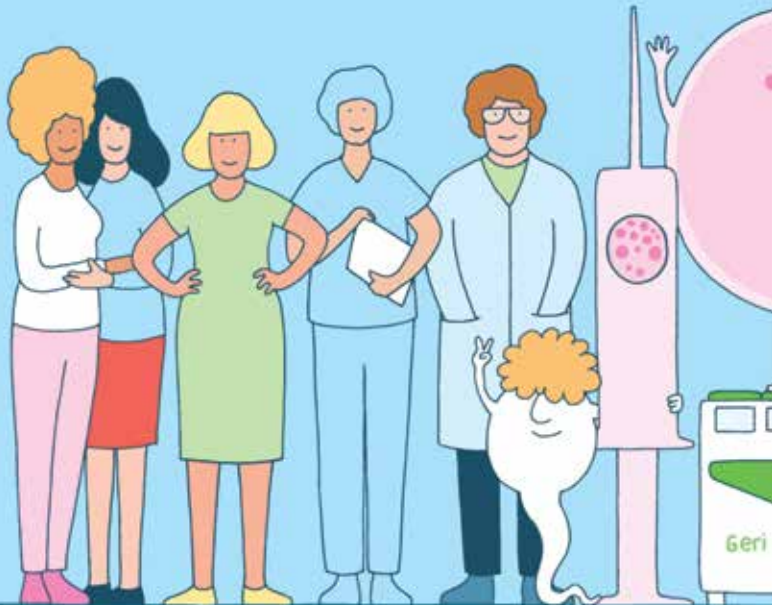
WHY GENEVA FOR OVULATION TRACKING

Throughout our 35+ year history of baby making magic, we've been at the forefront of fertility techniques and technology. We're innovators and proud of it. We've provided our patients with world class service and cutting-edge technology which is the envy of the entire fertility science field. Our expertise in helping people conceive extends far beyond just IVF. We're committed to helping you achieve your dream of a family by providing a personalised treatment plan. If you're not pregnant after three cycles of ovulation tracking, we recommend that you see one of our highly qualified Fertility Specialists.

The information we gather during ovulation tracking can also highlight if there are ovulation issues, so we'll be one step ahead if you need more help. Geneva's Fertility Specialists conduct thorough fertility investigations of both partners and then discuss with you the treatment options to help you achieve your goal.

Take the first step today.

Visit [geneva.com.au/ovulationtracking](https://www.geneva.com.au/ovulationtracking) and download your referral pack.



GENEA WHERE BABIES COME FROM



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