

**genea**  
WORLD LEADING  
FERTILITY

Ovulation  
tracking



# Sometimes, timing is everything

Falling pregnant is different for everyone. For some, it happens quickly and for others, it can take longer, but there are some simple first steps that could help.

If you have been trying to get pregnant for a while, without success, it might be that your timing has just been a little off.

That's why Genea created its free ovulation tracking service. It is a great first step towards taking charge of your fertility by giving you the best chance of conceiving naturally. It also takes the guesswork out of knowing when it's the optimal time to try to conceive.

## FIRST, SOME FACTS

For conception to occur naturally  
two things need to happen:

**1** A female  
needs to ovulate  
(the release of an egg  
from the ovary).

**2** The egg  
needs to be fertilised  
by sperm.



**Ovulation** usually occurs every month of a female's reproductive life, from the time menstruation begins until menopause. Ovulation is triggered by the release of hormones from the pituitary gland that signal the ovaries to produce follicles. One follicle will mature, and right before ovulation, the egg inside the follicle detaches and begins to travel down the fallopian tube. The egg is transported to the entrance of the fallopian tube, where it will either meet a sperm and be fertilised (conception) or continue to the uterus and eventually be absorbed back into the body.

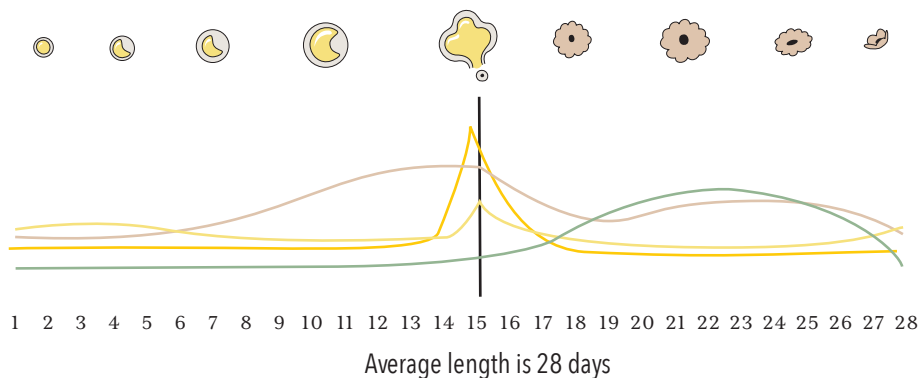
## Hormonal triggers

**Hormones** play a huge role in ovulation and conception, and are secreted by two areas of the female brain. These are:

- The hypothalamus, which produces Gonadotropin Releasing Hormone.
- The pituitary gland, which produces both Follicle Stimulating Hormone (FSH) and Luteinising Hormone (LH).

The FSH that is released from the pituitary gland 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. It eventually releases oestrogen into the bloodstream, which in turn prompts the pituitary gland to release the luteinising hormone, giving the follicle a sudden growth spurt. Right before ovulation, the egg detaches from the follicle.

# Menstrual cycle and ovulation



## When does ovulation take place?

Ovulation typically occurs 14 days before your next menstrual cycle, or around the middle of your current menstrual cycle, but there are a few variables, making it tricky to predict. A female's menstrual cycle is measured from the first day of her period until the first day of her next period. While the average cycle is 28 days, cycle lengths vary from person to person and can be anywhere from 21 to 40-plus days. This means that not only does the exact timing of ovulation vary between individuals, the timing can also vary each month.

## When are you most fertile?

After ovulation, the egg lives for just 12 to 24 hours and must be fertilised during that time for conception to occur. However, sperm can survive for up to five days in the female reproductive

tract. This means females are most fertile in the 1-2 days leading up to ovulation, on the day of ovulation, and within 24 hours of ovulation occurring. Having sex on these days will give you the best chance of becoming pregnant.

## What happens after ovulation?

The luteal phase begins after you have ovulated and lasts until either pregnancy occurs or a period begins. When the follicle ruptures at ovulation, it turns into a cell structure called the corpus luteum that produces progesterone. The typical length of a luteal phase varies from 10 to 16 days, though most commonly it lasts around 14 days. A blood test to check progesterone levels post ovulation and assess the luteal phase is included in our ovulation tracking.

# Genea's free ovulation tracking service

## What is ovulation tracking?

Ovulation tracking allows Genea nurses to accurately predict when ovulation will occur by using simple blood tests to check your hormone levels. The blood tests measure levels of oestrogen and luteinizing hormone in your blood, as well as progesterone, which confirms when ovulation has occurred. The tests help Genea nurses to accurately pinpoint the timing of ovulation.

## How much does it cost?

Genea offers three ovulation tracking cycles at no out-of-pocket cost\*. Our streamlined ovulation tracking service is fast, convenient and accurate.

## Do I need a referral?

Yes, a referral is required for this service. You can obtain a referral from your own GP, your Genea Fertility Specialist, or you can schedule a Genea telehealth appointment to discuss options for ovulation tracking with one of our Genea Fertility GPs.

Visit [genea.com.au](http://genea.com.au) and click "Get Started" then "Make a Fertility GP appointment".

## Where is this service offered?

Genea's ovulation tracking is available at all Genea clinics. Refer to our website to find a location that suits you.

Visit [genea.com.au/locations](http://genea.com.au/locations) for details on opening hours at its clinics.

## What to expect

You will be asked to call the ovulation tracking nurse on Days 1-3 of your period. If this occurs on a weekend, phone them on Monday. They will let you know the best day to have your first blood test, which will occur closer to your expected fertile window.

After each blood test, the nurse will call or text you the same day with your results and details of your next steps.

It is common to have about three blood tests before ovulation to determine your window for conception.

Seven days after ovulation, the nurse will arrange a blood test to check your progesterone levels.

If your period hasn't arrived 16 days after ovulation, we will ask you to come in for a pregnancy test.

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



# Next steps

**We've made our service as easy as possible to access via one of the following ways:**

1. Discuss options for ovulation tracking with your Genea Fertility Specialist.
2. Visit [genea.com.au](https://genea.com.au) and click on 'Bulk-billed ovulation tracking' to either:
  - Request an appointment with a Genea Fertility GP, or
  - Download a referral pack, which can be completed by your own GP.
3. For more information:
  - Connect with our Fertility Concierges for free personalised guidance or to find a suitable doctor at [fertilityconciierge@genea.com.au](mailto:fertilityconciierge@genea.com.au).
  - If you already have your referral and would like to get started, call our nurses at 1300 117 698.

# Why Genea?

Genea has been at the forefront of fertility techniques and technology for more than 37 years.

We are proud to say we are innovators when it comes to fertility. We provide world-class service and cutting-edge technology that is recognised globally by fertility experts across the board.

Our expertise in helping people to realise their dreams of starting or continuing their family extends across all facets of fertility treatment, from ovulation tracking right through to assisted reproduction and surrogacy. We're committed to helping you achieve a pregnancy through our personalised treatment plans.

Fertility rates vary with age. A woman in her early to mid-20s has a 25–30% chance of getting pregnant every month. Fertility generally starts to slowly decline when a woman is in her early 30s, and after the age of 35, the decline speeds up. By age 40, the chance of getting pregnant in any monthly cycle is around 5%.<sup>1</sup>



According to The Fertility Society of Australia, the pregnancy rate for women aged 30 is 20%. At Genea, we're pleased to report that our ovulation tracking outcome report for 2024 shows pregnancy rates of 26.4% for women under 38 years old and 19.8% for women over 38.<sup>2</sup>

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 also helps us determine if there are ovulation problems, so you will already be one step ahead if you need more fertility treatment.

Genea's Fertility Specialists conduct thorough fertility investigations of both partners before discussing treatment options with you to help you achieve your goal.

Take the first step today and maximise your chances of conception with Genea's bulk-billed ovulation tracking.

<sup>1</sup> Your Fertility. Age and reproductive outcomes [PDF]. Retrieved from [https://www.yourfertility.org.au/sites/default/files/2018-08/Age\\_and\\_reproductive\\_outcomes.pdf](https://www.yourfertility.org.au/sites/default/files/2018-08/Age_and_reproductive_outcomes.pdf)

<sup>2</sup> Genea. (2024). Ovulation Tracking Outcome Report 2024. Internal report.

**Speak to us today!**

Genea

**p** 1300 361 795 **w** [genea.com.au](http://genea.com.au)

The information in this brochure does not replace medical advice. Medical and scientific information provided in print and electronically by Genea might or might not be relevant to your own circumstances and should always be discussed with your own doctor before you act on it.

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