

What to expect during ovulation tracking



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1 GETTING STARTED

Your first step is to call the ovulation tracking nurse between day 1-3 of your period starting. If this happens to occur on a weekend, please call on Monday during business hours. They will let you know the best day to have your first blood test. Please ensure that you present your completed Pathology Request Form at each of your blood test visits.

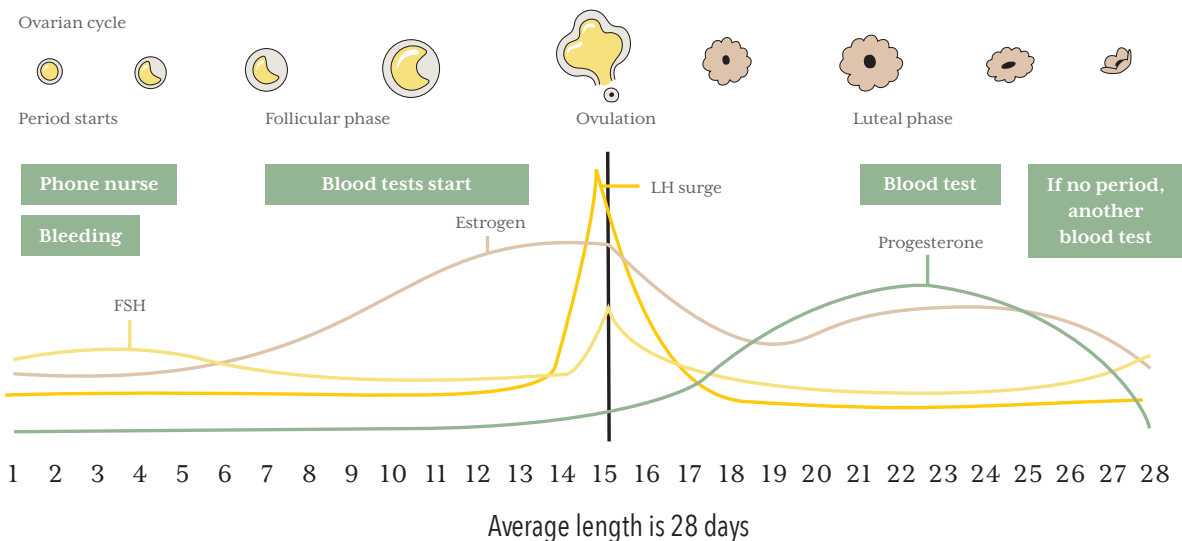
2 TRACKING YOUR PROGRESS

With each blood test that is undertaken, the nurse will contact you when your results are received and provide you with further details regarding your next steps.

Keep in mind that it is common to have about three blood tests before ovulation is identified as these tests will help the nurses determine the best timings for intercourse.

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

3 HOW WE TRACK YOUR OVULATION



4 YOUR CYCLE RESULTS AND NEXT STEPS

In case your period does not start

If your period does not commence (after 16 days from when the nurse has indicated that ovulation has occurred), the nurse will then arrange for you to have a pregnancy test. Following confirmation of your pregnancy, the nurse will recommend that you make an appointment with your own GP for ongoing pregnancy care.

If your period commences

Please ensure that you ring the nurse to advise if your period does commence as this will allow them to discuss with you the next steps, including whether you would like to continue with another cycle.

If you complete all three cycles and you are still not pregnant, the nurse will then recommend a consultation with our Genea GP or a Genea Fertility Specialist for further investigations.

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, progesterone levels.

*no out-of-pocket for Medicare eligible patients when blood tests are conducted at a Genea monitoring clinic; and for ovulation tracking offered in Melbourne; all bloods are taken and analysed externally.