



## What is a treatment assessment?

A treatment assessment (or baseline tests) is required for all patients to decide if any fertility treatment is required, and if so, the type that will give the best possible chance of success.

The results of a treatment assessment remain current for about 12 months and if there is any break in treatment, tests will have to be repeated.

To plan treatment effectively, MFS will need to perform 'baseline tests' on both partners who may undergo treatment.

## When does the treatment assessment happen?

For private patients, a treatment assessment will happen in the couple of weeks following an initial consultation. NHS-funded patients will have the treatment assessment at their first appointment at MFS.

To book a treatment assessment the woman should contact MFS on day one (ie the first day) of her period to book an appointment between days two and five. If her period starts at a weekend she should contact the clinic on the Monday to book the appointment, via:

- 01922 455911
- thenurses@midlandfertility.com

## Baseline tests for the woman

Baseline tests will measure all or some, as required, of the following via blood tests:

- ovarian reserve - measuring Anti-Müllerian Hormone (AMH) gives information about how well the woman is likely to conceive naturally or to respond to the stimulation drugs used in fertility treatment
- FSH (Follicle Stimulating Hormone) - FSH stimulates the growth and recruitment of immature follicles in the ovary
- LH (Luteinising Hormone) - LH is released to trigger ovulation when the egg is released into the Fallopian tube where it is ready to be fertilised by sperm

Measuring these hormones enables the clinical team to recommend the type of treatment most likely to be successful, and the type and dose of the drugs to prescribe. All prescriptions are devised to get a good response from the treatment but also to avoid the possibility of Ovarian

Hyperstimulation Syndrome (see the MFS infosheet 'OHSS').

Finally, baseline tests also include a transvaginal (internal) ultrasound scan which gives useful information about the presence and condition of the ovaries and the number of small (Antral) follicles (ie an Antral Follicle Count).

## Baseline tests for the man

The male partner will have to produce a sperm sample for analysis. Male factor infertility accounts for about 35% of infertility and a sperm analysis is essential to assess if any difficulty in conceiving is related to a problem with sperm.

MFS scientists will analyse the sample to:

- assess the volume, concentration, motility (movement) and morphology (shape) of the sperm
- measure the number of white blood cells
- assess the presence of antisperm antibodies
- measure the Ph (alkaline/acid) balance of the sample

The sample may be given on the day of the woman's baselines tests, or at a separate appointment.

The man should read this information at least one week before the sperm sample appointment.

- to get the best possible sperm sample, a man should abstain from ejaculation for between two and five days before producing his sperm sample. If the patient does not understand EXACTLY what this means, he should ask one of the laboratory team for further details. Ejaculating too long or too soon before the sample is needed can reduce the quality of the sperm for analysis or for use in treatment
- sperm samples should always be produced into a sterile, non-toxic container which the clinic will supply. The container will already be labelled with the patient's name, clinic reference number and a description of what the sample is to be used for - ie sperm analysis, IVF, IUI, ICSI or freezing etc
- he should check the details on the label of the sample pot and immediately inform a member of MFS staff of any inaccuracies

- the man will be required to produce his sperm sample on arrival at MFS for the treatment assessment appointment
- samples should be produced in the private room at MFS unless there is a reason why this is not possible. If the patient thinks he may have difficulty producing a sample he should inform a member of the MFS staff as soon as possible
- before a man produces a sample he should wash and dry his hands and penis to limit bacterial contamination. High levels of bacteria may affect the sperms' ability to swim
- do not use lubricants, lotions or oils as these may be toxic to sperm
- the sample should be collected by masturbation. Collecting the ejaculate during sexual intercourse or oral sex should be avoided as this may contaminate the sample with debris and bacteria
- collect all the semen in the pot, as sperm are not mixed equally throughout. Most of the sperm are in the very first portion of the sample and if this is not collected, it may affect the number of sperm in the sample
- the sample should be collected directly into the pot and not be transferred from any other surface or container
- do not use condoms, unless supplied by MFS
- if the man has difficulty producing a sample at MFS, he should leave the room and inform a member of the laboratory staff, who may be able to provide an alternative solution
- in exceptional circumstances, if the sample is produced at the patient's home, it should be brought to the clinic within one hour of production and should be kept at body temperature during transit as sperm are sensitive to extreme temperatures

Sometimes it may be necessary for the man to have other tests before any treatment can be planned. If so, these will be outlined in full before any further testing begins. Any costs will be advised and should be settled in advance.

## Results

Results will be available at the patient's/s' next appointment after the treatment assessment and a MFS nurse or doctor will be able to advise on the most appropriate treatment for each patient. Please note that results may only be given to the person who has been tested and so preferably, both partners should attend the results appointment together. The options may be discussed in full, including any risks, costs and the success rates.

At this visit, treatment may be planned immediately or the clinical team may advise that counselling or further assessments or investigations are needed. Alternatively, private patients may wish to consider the results and contact MFS again if they would like to go ahead with treatment at a later date.

## What is included in the costs?

- standard hormone tests for the woman
- standard sperm analysis for the man
- routine infection screening for both partners

## What is not included in the costs?

- non-standard diagnostic tests for either partner
- any other fertility investigations, treatments or preservation services for either partner

## Costs

Please refer to the current List of Charges in either the Patient Finance Information leaflet or via [midlandfertility.com/fees](http://midlandfertility.com/fees).

## Further information

Please visit [midlandfertility.com](http://midlandfertility.com) and search for 'Treatment Assessment' or read the following MFS infosheet:

- Routine Infection Screening (downloadable from [midlandfertility.com](http://midlandfertility.com) by searching for 'MFS Treatment Literature', or in hardcopy format from MFS).