

Follow-up Progesterone tests

If your Doctor has requested it, a follow-up blood test for serum progesterone is collected one week after ovulation. As you do not generally need to act on this result, we do not phone this result, but will forward it to your Doctor. If your weekly follow-up Progesterone falls on a Saturday or Sunday, it is generally acceptable to do this test instead on the closest week-day for convenience sake.

Can I have a blood test and be phoned on the weekend, Sundays and public holidays?

Yes – our Pathologist will contact you with results even on weekends and public holidays.

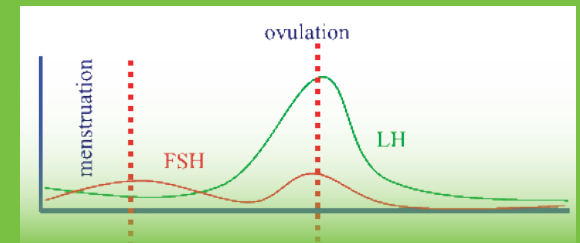
During these times blood tests are only available at Duncraig collection centre at 8 AM sharp and at Myaree collection centre at 9 AM sharp for ovulation tracking patients. See the back of your request form for address details

What is the cost?

There is a charge for this Pathologist managed OVT Service. You will receive an account that includes this charge after your first laboratory test of the cycle. While Medicare does reimburse you for part or all of the cost of the laboratory tests, this management service fee is not covered by Medicare and as such is an out-of-pocket expense. Please note that this \$100 charge covers Pathologist management of one full cycle. If you are tracked for additional cycles, you will receive an account at the beginning of each cycle. In line with our normal billing policy Pensioners and current Health Care Cardholders will be exempt from this service fee.

Ovulation Tracking Co-ordinated by our Pathologists

Information for patients



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Ovulation Tracking Co-ordinated by our Pathologists

What is ovulation tracking?

Ovulation tracking (summarised often as OVT) is where blood tests are taken throughout a woman's monthly cycle to determine the time of optimal fertility. An FSH hormone test may be requested in the early phase of the cycle (eg day 2-3) and then Estradiol and Luteinizing hormone are taken throughout the middle part of the cycle to determine the time of likely ovulation. Optimal fertility occurs at ovulation – the phase of the menstrual cycle where an egg (ovum) is released from the ovary. A serum Progesterone may be requested a week after ovulation.

What are the benefits of ovulation tracking?

A couple wanting to achieve a pregnancy may be assisted by timed intercourse at the most fertile time of the cycle. This fertile time is suggested by the results of the blood tests.

How often are blood tests needed?

Blood tests are needed generally from Day 10 of cycle through until ovulation occurs. These may be required daily, 2nd daily or less frequently depending on the hormone levels. One of our Pathologists will advise you.

When does ovulation occur?

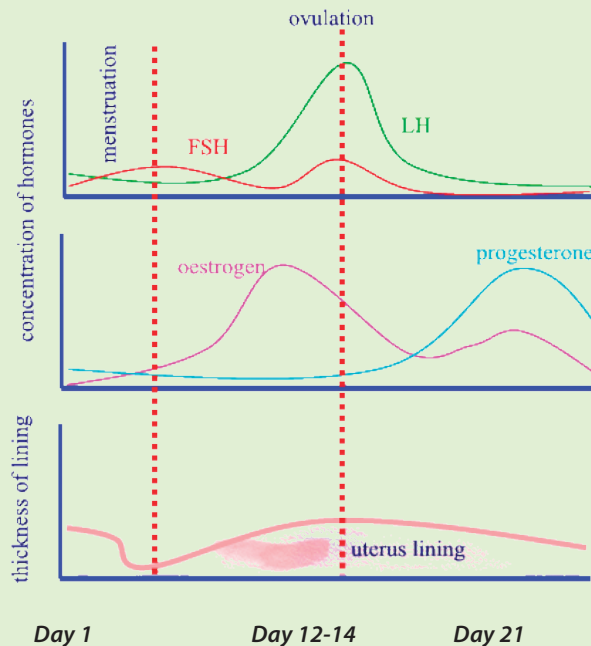
The time of ovulation can vary from woman to woman and can change somewhat in a woman each cycle. Ovulation often occurs between day 12 – 14 of a 28 day menstrual cycle, but blood tests can help confirm this. The levels of Estradiol and

LH that occur in each woman at ovulation can vary and there is not one "right" level of Estradiol at ovulation in all women. In a woman with much longer or irregular cycles, the time of ovulation is less certain and further blood tests may be needed over a longer time to determine this. Your Doctor will determine whether Ovulation tracking is the right approach for you before arranging this testing.

How do I know when to start my blood tests for ovulation tracking?

The first day of the menses/period is call Day 1 of the cycle. Count each day forward until you reach day 10 of your cycle and mark this on a calendar. This is generally the first day blood tests will be required. Occasionally women with short cycles or those who ovulate early, will be requested to start their blood tests earlier than this, for example on day 8 of cycle.

A Typical Menstrual Cycle



How do I arrange ovulation tracking by a laboratory Pathologist?

OVT can only be performed at the request of your own Doctor (Specialist or GP). They will discuss this testing with you and provide the forms needed for your blood tests. Your Doctor must also give permission for us to phone you with results directly, by noting on the form "Pathologist/Laboratory to phone". If we do not have your Doctors permission to contact you we will forward results back to them the same day for their management. Your Doctor also receives a copy of results daily throughout the time our Pathologist is phoning you.

How do I know when I ovulate?

The Pathologist will phone you with results each day you have a test. He or she will advise you when the hormone levels suggest ovulation- with appropriate Estradiol (E2) levels and an Luteinizing hormone (LH) surge. We will advise you try for a pregnancy that day and the next day.

Getting your results daily

To ensure you results daily we require you to

- 1. Have blood taken EARLY in the morning (8-9 am) – to allow sufficient time for transport, processing, analysis and phoning *. We cannot guarantee daily results after this time. (* Metropolitan centres only, Rockingham, Mandurah and country locations are generally a next day service)*
- 2. Provide a reliable private contact telephone number on which you will be contactable and are happy for us to leave a verbal message if required. Please assist us by providing 1 contact number rather than 2-3 if possible and by answering calls. The laboratory uses a restricted number for your privacy. If your phone has the caller ID function, "PRIVATE" will be displayed when the laboratory is calling. If calls are not answered we cannot guarantee results are conveyed.*