

# The Zita West Fertility MOT

**More and more women these days, whether in a relationship or single, are choosing to check their fertility status with a Fertility MOT.**

- You may want to plan ahead. The MOT can help you to decide whether to try for a baby straight away, or if it's OK to leave it till later
- You may be actively thinking about getting pregnant in the near future, but aren't sure whether your fertility is where it needs to be
- You may have been trying to conceive for a while, but without success
- You may be thinking about having IVF

Whatever your individual circumstances, the Zita West Fertility MOT has been specially developed to help you get a better understanding of your reproductive status and potential, including your likely responsiveness to IVF, providing you with a unique opportunity to consider the most important aspects of your health, medical history and lifestyle which can impact on your chances of conceiving successfully.

## **How it works**

The Zita West Fertility MOT consists of a comprehensive AMH blood-test combined with one of our unique Fertility Questionnaires, plus a 30 minute consultation with a Zita West Fertility Coach and Consultant Midwife, either by 'phone or in person. During the consultation we will discuss the results of your tests and provide you with a predictive overview of your fertility status, as well as guidance on next steps.

Details of the test, the questionnaire and the consultation are provided overleaf.

**The MOT costs £170.** *If you decide to have a vitamin D blood test as well, this will cost an additional £47.50 (see details below re Vitamin D testing).*

**- P T O -**

*Please note:*

- *The AMH test cannot be done if you are on the Pill. You will need to allow at least one cycle after stopping the Pill before taking a test.*
- *If you have previously been diagnosed with PCO/S, we suggest you do not have the AMH test prior to your consultation as it won't provide an accurate prediction of your ovarian reserve. Please call us instead on **020.7224.0017** and we will arrange the consultation for you.*
- *An AMH test does **not** give an indication of whether or not a woman is ovulating or whether her tubes are patent (i.e. blocked).*

There are 4 easy steps you'll need to follow:

### **Step 1**

Request the Fertility MOT pack by ordering on-line ([www.zitawest.com](http://www.zitawest.com) - click on "**DIY Tests**" from the second menu bar from the top of the homepage). Alternatively, you can call us on **0800 0480 046**.

### **Step 2**

You will receive your Zita West Fertility MOT pack in the post. This includes a simple questionnaire for you to complete, along with instructions on how to obtain the blood sample required. The pack includes a tube for the sample, a pre-paid return envelope and a questionnaire.

You can have the blood taken by your GP, or your GP practice nurse (usually free of charge). Otherwise, for a fee, at your local GP practice or at a private clinic or hospital. It can be taken at any time in your menstrual cycle.

### **Step 3**

Once the samples have been obtained, simply post them back in the pre-paid envelope along with the completed questionnaire.

### **Step 4**

When you have returned your Fertility MOT pack, including the completed questionnaire and blood test, call us (**020.7224.0017**) to arrange your 30 minute consultation appointment. The consultation can be done by 'phone, or in person if you prefer to visit one of our clinics. We have a permanent clinic based in Central London, and regular visiting clinics in Dublin and Cork. Please allow 2 weeks from the time you send back the pack to your appointment date.

## **AMH (Anti-Mullerian Hormone) Test**

The relatively new Anti-Mullerian Hormone (AMH) test is thought to be the most accurate predictor of the number of eggs a woman has (her 'ovarian reserve') which, in turn, provides an indication of her potential fertility.

The test results provide you with a number (measured in pmol/l) and a category, which show your egg reserve to be either optimal, satisfactory, low or very low/undetectable. As women are born with all of their eggs and the egg pool declines with advancing age, the results of the test are very much age-dependent. However, it also provides a measure of whether your reserve is average or below or above the average for your age. As AMH is produced by the ovarian follicles, women with polycystic ovaries (PCO/S) are likely to have a very high level of AMH, so the test identifies women with possible PCO/S as well (a condition commonly associated with difficulty conceiving).

If you are thinking about having IVF, the test also gives you an indication of how you are likely to respond to treatment.

## **Questionnaire**

You will be required to complete the questionnaire which you will find in your pack. The answers you provide will help to paint a complete picture of your current health and lifestyle and any aspects of your medical history that may be relevant to your fertility. Many of our clients tell us that just filling out the questionnaire alone can be a revealing and valuable exercise!

## **Consultation**

We'll use your questionnaire, combined with results of your test, as the basis of your consultation, at the end of which we'll provide you with advice and guidance based on whether you are planning on having a baby now or possibly considering it in the near future.

During the consultation we'll check through the areas of your health and well-being that are most critical to your reproductive status, pointing out, if necessary, where some changes might be desirable, and identifying possible or potential fertility issues, should they exist.

If you are actively trying to get pregnant, we'll also look to see whether all the most important pre-conception checks have been done and aim to ensure you are aware of the most fertile time of your cycle (which can vary from one cycle to the next). The consultation also provides an opportunity to consider the

relevance of any other blood tests, scans, therapies or treatments which you may require.

If we identify any issues that require further medical assistance, we would always advise you to go to your GP, or we can refer you to a private gynaecologist or fertility specialist if you wish (London based).

Following the consultation we will send you (either by email or post) the results of your AMH test.

**We are not able to provide a written report of any guidance and advice given during the consultation, so it may be useful for you to have a pen and paper handy with which to take notes.**

### ***Vitamin D Test***

We also offer an optional Vitamin D test as part of the MOT. For the moment, this is only available if taken alongside an AMH test. If you are thinking about trying to get pregnant in the near future, have been trying to get pregnant for a while without success, or if you are about to have IVF, then it may be something you'd like to consider.

The Vitamin D test is not routinely offered on the NHS yet, even though much research has been done into the role of vitamin D deficiency in fertility and pregnancy. The Department of Health now recommends that all women should take a Vitamin D supplement during pregnancy.

Vitamin D deficiency is common in women with ovulatory problems such as PCOS. It has also been associated with IVF failure, particularly at the implantation stage, as well as with miscarriage and pregnancy complications, such as pre-eclampsia and prematurity. Deficiency also appears to be common amongst women of African and Asian origin. The main source of Vitamin D is the sun, so it's not surprising that we identify a deficiency in over 50% of those of our UK clients who are tested.

Vitamin D deficiency is relatively easy to correct, but it is best to find out what your levels are before pregnancy, so that the right level of supplementation can be given if required.

Your consultant midwife/fertility nurse will give you the results of both the Vitamin D and AMH test during your 30 minute consultation. They will also be emailed to you after the consultation along with your AMH results.

**The additional cost of the Vitamin D test is £47.50**