

Fertility Services Patient Information

Fertility Department

The Fertility Team

Consultant: Mr Michael Dooley
Nurse Specialist: Lita Greening
Amanda Chutter
Clerical Support: Michelle England

Our office is open 8am-12pm Monday and Friday, and 8am – 4pm on a Wednesday.

We have a confidential voicemail answering system on which messages can be left 24 hours a day, 7 days a week. Please ensure that you leave your name, date of birth and a contact number.

Telephone: 01305 254141
Fax: 01305 254455
E-mail: lita.greening@dchft.nhs.uk

What to Expect

When you are first referred to the Fertility Service you will receive an appointment to see the Specialist Nurse. At this appointment we will explain the service, take a history and discuss the nature of the investigations required and the treatments that are available to you.

We will discuss your referral with you and what you require from the service.

You will have the opportunity to ask any questions. We will also advise on lifestyle issues.

All patients are treated as couples and both partners need to be seen in clinic before any treatment is started.

Once we have all the results available we will discuss a treatment plan. This can range from commencing ovulation medication to assisted conception.

In Vitro Fertilisation (IVF) Criteria

In some cases, couples may require IVF or similar assisted conception treatments.

In order to receive these treatments on the NHS couples need to fulfil the following criteria.



Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Role: Nurse Specialist
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Dorset Wide Assisted Conception Criteria:

- **Both** partners registered to the same Dorset GP practice
- Both have no living or adoptive children
- Age range for women up to the age of 42
- Men must be aged below 55
- Couple need to be in a stable relationship for 3 years
- You need to have been trying for a pregnancy for 2 years
- Women should have a stable BMI of between 19-29.9
- Men should have a BMI of less than 30
- Both partners should be non-smokers for at least 6 months

Some facts and figures:

- 30% of couples fall pregnant in the first month of trying
- 50% of couples fall pregnant in the first 6 months of trying
- 80% of couples fall pregnant in the first year of trying

How to Help Yourself:

- Lead a healthy lifestyle
- Do not smoke (the referral criteria in to the department states that you should not smoke)
- Keep your alcohol intake to less than 5 units per week for women and no binge drinking for the man
- Keep your weight within a healthy range
- In accordance with NICE (National Institute for Clinical Excellence) guidelines we do not offer treatment to women with a BMI of 30 or more

Helplines and Websites:

- **The Human Fertilisation and Embryo Authority (HFEA)**
0207 291 8200
www.hfea.gov.uk

- **Infertility Network UK**
Support line: 0121 3235025

- **British Agencies for Adoption and Fostering (BAAF)**

Coram BAAF
Coram Campus
41 Brunswick Square
London
WC1N 1AZ

Phone: 020 7520 0300
E-mail: mail@corambaaf.org.uk

- **The Miscarriage Association**

Our staffed pregnancy loss helpline is available from Monday to Friday from 9am – 4pm to provide support on all aspects of pregnancy loss. Call us on 01924 200799.