

FOLLICLE TRACKING PATIENT INFORMATION

You have been asked to attend for follicle tracking. The following information is intended to outline this procedure.

A FOLLICLE is a fluid-filled area within the ovary in which the egg grows. It increases in size as the egg matures. Hence follicle tracking involves scanning the ovaries regularly during the first half of your menstrual cycle and observing the follicles increasing in size.

THE SCAN is a method of imaging the uterus and ovaries using sound waves. We are now able to perform subsequent scans internally. This technique, known as transvaginal scanning, is able to offer far greater image clarity and therefore more accurate information. An added bonus is that it does NOT require a full bladder!!

THE PROCEDURE

1. At your clinic appointment the doctor will have told you that you are to have follicle tracking. He/She will give you a prescription for drugs (Clomiphene Citrate) to stimulate your ovaries if necessary.
2. As soon as you start your period (or the first working day afterwards) ring 0207 751 4488 to make your initial scan appointment
 - If you have a prescription for **Clomiphene Citrate (Clomid)** then you need to start taking it on day 2 of your cycle and continue until day 6. You need to book your first scan for day 8 or 9 of your cycle.
 - If you are on a **Natural Cycle** (when you are taking no stimulation) then phone on day 1 of your cycle to make an initial scan appointment for day 8 or 9.
3. Timing of further visits will be advised after each scan but are typically every other day until you have ovulated