

FOLLICLE TRACKING

Follicle tracking is done to by ultrasound to ensure that the process of ovulation is normal. It can also be used in patients using ovulation treatments who are concerned about the risks of multiple pregnancy.

If done in a natural cycle then it is advisable to have evidence of a normal progesterone first. If its clear that you are not ovulating at all then you would be best to move direct to treatment rather than have the scans.

Ovulation is the releasing of an egg from the ovary. Ovulation usually occurs once a dominant follicle (egg sac) has formed on the ovary. However sometimes there is inadequate stimulation to achieve this and in other cases there is no mid-cycle Luteinising Hormone (LH) surge, so although the follicle grows it does not rupture and release the egg. This is called LUF or Leuteinised unruptured follicle syndrome

Please telephone the Dorset Fertility Unit on 01202 700063 or the fertility nurse via the Bournemouth Nuffield on the 1st day of your period so we can work out your 1st ultrasound scan appointment, this is usually done around the 10th day of your menstrual cycle depending on the length of your cycle. Further ultrasound scans may be needed on or around the 12 and 14th day as well as on or around day 21.

The ultrasound scans are done transvaginally. This means that a small probe is inserted into the vagina. This should not be uncomfortable and are carried out this way to give a more accurate picture of the ovaries and uterus. Prior to the ultrasound scan you may eat and drink as normal and your bladder needs to be empty rather than full.

After you ultrasound scan the results will be discussed

The ultrasound scans are carried out at either the Bournemouth Nuffield or the Harbour Hospitals

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