

**Patient
Information**

Gonadotrophin ovulation induction

Introduction

The information in this leaflet is for women who are not ovulating on their own. Ovulation induction is a kind of fertility treatment where a daily injection of a hormone is taken to stimulate the ovary for eggs to grow.

How do I start treatment?

You and your partner will be given a kit which will include an injector pen. You will be shown how to use the injector pen.

You will start the injections, usually on day 2 of your period and continue them every day.

If you have no periods, you will be given Provera[®] to stimulate menstruation.

An ovulation hormone drug is given to make you ovulate, which usually happens around 36 hours later. We then ask you to have intercourse that evening and again the following night to increase your chances of becoming pregnant.

Ultrasound scans

You will have a scan around day 8 of your cycle to see how your ovaries are reacting. Scans may be repeated as often as 3 times a week until your ovaries are releasing eggs.

You may also have a blood test to measure your oestrogen levels.

Outcome

If you do not have a period at the usual time, take a pregnancy test. Whatever the result is, please contact Mrs Reddy's secretary or the fertility nurses for advice.

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Department
Gynaecology

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Risks

There are 2 main risks of ovulation induction:

- Multiple pregnancies; a 10% risk.
- Ovarian Hyperstimulation Syndrome (OHSS). This is rare and your treatment would be cancelled if we think you are at risk.

Success rate

Success depends on many factors; a woman's age, the normal sperm count of your partner and the function of your fallopian tubes. If the semen sample is of poor quality, we may suggest Intra Uterine Insemination (IUI) combined with ovulation induction.

Contact information

If you have any questions, please contact the fertility nurses via Mrs K Reddy's secretary on the number below:

Cotswold Fertility Unit

Tel: 0300 422 3128

Monday to Friday 8:00am to 4:00pm

Website: www.cotswoldfertilityunit.co.uk

Gloucestershire Domestic Abuse Support Service (GDASS)

This is a county-wide service offering a variety of support programmes for women and men over 16 years old who are experiencing domestic abuse.

Tel: 01452 726 570

Monday to Friday, 9:00am to 5:00pm

Domestic Violence Helpline

Tel: 0808 2000 247 (24 hours)

Email: support@gdass.org.uk

Website: www.gdass.org.uk

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85.



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>