



Tracking your

# *Ovulation cycle*

to help you identify which days you're most fertile



We do this by tracking your hormone cycle to predict when ovulation is going to take place so you can more accurately time intercourse and improve your chances of conceiving.

## What is ovulation cycle tracking?

Ovulation is triggered by a surge of hormones from the pituitary gland (Luteinising Hormone). This usually takes place 36-44 hours before ovulation.

By carrying out simple blood and ultrasound tests to detect this hormone surge, we can advise you of the ideal time to have sex to give you the best chance of conception.

## Why is timing so important?

The most fertile time in your menstrual cycle - or your fertile window - are the days leading up to ovulation, before the egg is released from the ovary.

After ovulation, the egg survives for just 24 hours, while sperm retain fertilising capability for two to three days in the fallopian tubes. For this reason, we recommend couples have sex every two days throughout the female's fertile window and in the lead up to ovulation. This means that sperm are ready and waiting for the egg when the female ovulates.

## Clinic ovulation tracking vs home ovulation kits

By undertaking a combination of blood tests and ultrasounds you'll receive a more accurate and comprehensive overview of your cycle and general fertility.

Unlike most home ovulation tests that just measure the luteinising hormone (LH), we'll measure the quantity of estrogen, progesterone and LH present throughout your cycle enabling us to anticipate ovulation earlier and use the ultrasounds to confirm that there are actually follicles developing.

Our fertility nurses will help you understand your results, provide you with professional expert advice and identify any underlying problems so if necessary you can be referred quickly onto a fertility specialist.

### FIND OUT MORE

To make an appointment please call 1800 111 483 or to find out more information please visit [ivf.com.au/treatments/fertility-treatments/ovulation-tracking](https://ivf.com.au/treatments/fertility-treatments/ovulation-tracking)

### OUR DIAGNOSTIC SERVICES

Your fertility specialist and local clinic are members of Virtus Health, one of the world's leading providers of fertility care. During your care Virtus Diagnostics, also a member of Virtus Health, provides fertility pathology services associated with general gynaecology, fertility investigations and treatment, pre-natal diagnostics and specialist genetic testing.