

Fertility for Life: Types of Appointments and What Happens in Each

At **Fertility for Life**, we offer a variety of consultation options to meet the specific needs of each patient. These consultations are designed to provide thorough, individualized care, allowing us to tailor your fertility journey based on comprehensive assessments and personalized planning. Below are the types of appointments we offer and what you can expect during each.

1. Initial Consultation (Video or Telephone)

Our journey together usually begins with an **initial consultation**, either in person, via video, or over the phone. This appointment lasts 30 minutes and costs £250 (payment is required by 5pm the day before the consultation). You do not need a GP referral for this appointment.

Attention: It is crucial that you send any information that you need the doctor to review at least 24 hours in advance of the appointment. The doctor prepares for his clinic the day before. You must make it clear at your booking (either add a comment on the form online or tell the secretary on the phone or e mail) if you expect the doctor to have received and read information that you have sent in advance. Sometimes the information is sent to the wrong secretary! If you have seen the doctor in a different setting (such as the hospital or another clinic) or if you have done treatments or tests in another setting, the doctor may not have access to these unless you arrange for the information to be forwarded in advance and let the doctor know that you need him to review it prior to your appointment. A common issue is that appointments are booked as “new consultation” when there have been previous appointments or treatments.

During the initial consultation:

- We will review your **medical history**, including any letters, test results, or treatment records you've sent in advance (please send these at least 24 hours before the consultation to ensure they are reviewed in time).
- We will have an **initial discussion** about your fertility options and may organize **additional tests** to be completed in the following days or weeks.
- If you have a partner, it is ideal for both of you to attend this consultation.

After this appointment, we will recommend any necessary **tests**. These are often carried out at specific points in your menstrual cycle. Please note that at this stage, we do not usually send test results or discuss them over the phone or via email.

2. Follow-Up Consultation: Video or telephone

After completing your tests, you can book a **follow-up consultation**, which typically lasts 30 minutes and costs £250 (payment is required by 5pm the day before the consultation).

During this consultation:

- We will review the **test results** and explain their significance.
- We will work together to **map the problem**, addressing reproductive, medical, social, and psychological factors that may influence your fertility.
- You will receive an **overall prognosis**, estimating your chances of success with or without treatment.
- We will present a **range of treatment options**, including success rates, risks, and costs.
- We will then recommend a **treatment strategy**, which may include health optimization, treatment steps, support measures, and a contingency plan (Plan B).

Following this appointment, within a few days, you will receive a detailed report summarizing the test results, prognosis, treatment options, and recommendations.

3. Consultation for a Second Opinion: Video or telephone.

If you are currently undergoing treatment at another clinic or have had treatment elsewhere and would like a second opinion, you can book a **second opinion consultation**. This consultation lasts 60 minutes, costs £350 (payment is required by 5pm the day before), and can be conducted via video or telephone.

For this consultation:

- You are encouraged to send as much information as possible about your prior treatments ahead of time. Please do all the tests that the doctor requested or else it will be necessary to have more appointments.
- You will receive a report summarizing the findings and recommendations within a few days.

4. Consultation for Recurrent Implantation Failure or Recurrent Miscarriage

If you have experienced more than two unsuccessful embryo transfers or miscarriages, you can book a **special consultation** to review your medical history and treatments to date. This consultation lasts up to 60 minutes and costs £500 (payment is required by 5pm the day before). It can be done in person, via video, or over the phone.

For this consultation:

- You will need to provide detailed records of previous treatments and results at least 24 hours in advance.
- Within 2 weeks, usually sooner, you will receive a comprehensive report reviewing the management to date and offering further recommendations.

5. Consultation to Set Up an IVF Cycle or Other Treatment

Once it has been decided that you will undergo **IVF**, **ICSI**, or **egg donation**, you may book a 30-minute consultation with me to discuss the **steps of the treatment** in detail. This consultation

costs £250 (payment is required by 5pm the day before) and can be done via video or telephone.

During this consultation, we will:

- Review the entire **treatment process**, ensuring you are fully informed about each stage of the cycle.
- Discuss the **details and expectations** of your treatment plan.