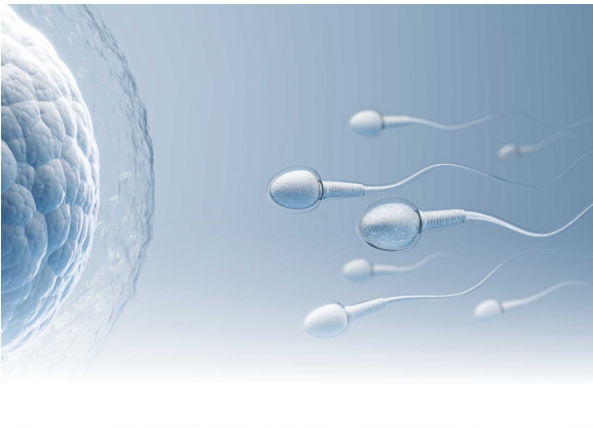


GYNDOKTOR

SPECIALLÆGE DR. MED. PERNILLE DANNESKIOLD LASSEN

FERTILITY CHECK

If you are planning to start a family in the future, but aren't entirely ready at this moment, you might consider getting a fertility check. A fertility check includes ovarian reserve test (AMH), in some cases other female hormone blood tests, ultrasound imaging and a test for fallopian tube passage (optional). If you have a male partner, it also a good idea to have his sperm quality tested.



ANTIMÜLLERIAN HORMONE (AMH)

AMH is a protein produced by the ovaries. AMH is an important marker of ovarian reserve, indicating the number of developing follicles and overall fertility potential. AMH levels decrease as women age, particularly after the age of 30, reflecting a decline in the quantity of ovarian follicles. However, individual

variations exist. Some women retain higher AMH levels into their late reproductive years, while others may experience a sharper decline. The levels of AMH can be measured through a blood test. Though this test is a useful marker, it should not be used as the sole determinant of a woman's reproductive potential. Quality is still far more important than the quantity of eggs. Quality of eggs cannot be directly measured but is highly dependent on a woman's age - i.e. that a young woman has a higher chance to conceive than an older woman irrespective of the levels of AMH. Other factors such as female hormone levels, anatomy of reproductive organs and overall health also play an important role.

FEMALE HORMONE BLOOD TESTS

Hormones like estradiol, progesterone, follicle-stimulating hormone (FSH), luteinizing hormone (LH) and testosterone are determinants for the menstrual cycle, ovulation and overall fertility. Abnormal levels can indicate conditions such as polycystic ovary syndrome (PCOS), hormonal imbalances

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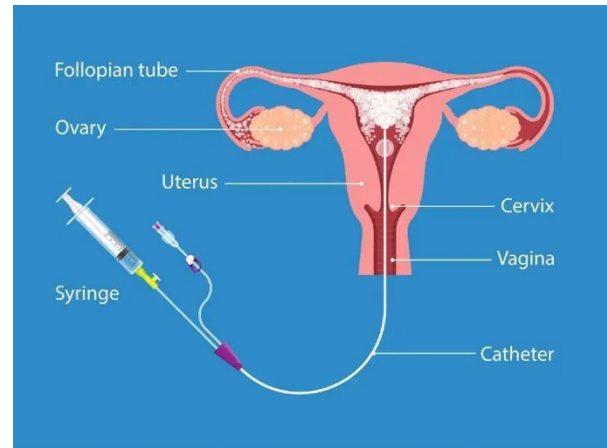
or premenopause, which can affect the ability to conceive. These blood samples are only recommended if you have an irregular cycle.

ULTRASOUND IMAGING

Vaginal ultrasound imaging evaluates the structure of the ovaries and uterus, allowing to detect for issues such as cysts, fibroids or other abnormalities. It also shows the number and localization of the follicles in the ovaries.

TEST FOR FALLOPIAN TUBE PASSAGE (HSU)

A hystero-salpingo ultrasound (HSU) is a minor procedure which determines whether the fallopian tubes are open. In addition, it provides information about the shape and contour of the endometrial cavity. Having a blocked fallopian tube inhibits the sperm from reaching the egg, while polyps or fibromas close to the endometrial cavity may prevent a fertilized egg to implant properly.



It is recommended to do the HSU after the period and before ovulation, i.e. cycle day 6-12. A thin silicone tube is carefully passed through the cervical channel and into the uterine cavity. In rare cases, it is necessary to inject local anesthesia. When the catheter is in place, a small balloon is inflated to maintain the correct position. Saline is gently infused, and the passage through both tubes is followed on the ultrasound screen. The balloon is eventually deflated, and the uterine cavity is distended with saline to visualize possible uterine irregularities. The catheter is carefully removed, and the result of the examination will be summarized for you.

SPERM ANALYSIS

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Reduced sperm quality accounts for approximately 20-30 percent of infertility cases. The quality of the sperm can be detected by a sperm analysis. It measures factors such as total sperm count, motility (movement), and overall semen volume. The sample is collected by masturbation into a sterile container. The sample should be kept at body temperature and delivered to the clinic within an hour. Avoid ejaculation for 24-72 hours before the test. The result is ready within an hour.

PRACTICAL STEPS

You can book a fertility check either in our telephone hours or by sending a text message named fertility check @ 9191 8484. In the latter case, we will reply shortly. At the consultation i) your medical history is recorded, ii) a vaginal ultrasound is done and iii) AMH blood sample is taken. All examinations are summarized, and a written fertility report is sent by mail. If you also want a test for fallopian tube passage or further blood samples are needed, a new appointment will be booked.

PRICES FOR PATIENTS WITHOUT A REFERRAL FROM THEIR GP

Consultation with ultrasound imaging and AMH blood test.....270 euro
Other hormone blood tests/pcs.... 30 euro
Fallopian tube passage test.....400 euro
Sperm analysis.....160 euro

PAYMENT

You can pay with Mobile Pay or cash in the reception. Unfortunately, credit cards are not accepted. Foreign patients can transfer to IBAN account number DK 7690701633 002904 with beneficiary bank SWIFT code VRSPDK22. In case of bank transfer, payment should be received by the latest two days before the consultation. You will receive an invoice in the clinic.

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