

WELCOME PACK

About Medfem

Medfem Fertility Clinic is a Johannesburg based medical practice dedicated to helping people build families since 1980. Our specialists are accredited reproductive medicine specialists and have many years of collective experience and are responsible for some of South Africa's first IVF babies. We are proud to have played a role in bringing more than 16,000 babies into the world and we are happy to say our success compares with the best internationally.

We have three fertility doctors working in partnership:

Dr Johan van Schouwenburg

Dr Antonio Rodrigues

Dr Nicholas Clark

Dr Joanne Pottow

We are privileged to walk this journey with you to parenthood.

Patient Information

We need your assistance in gathering as much relevant information as possible regarding your fertility. This will make your first appointment more time and cost effective.

Please contact your present doctor and request a copy of any relevant previous investigations (Male + Female) including:

1. Blood tests
2. Sperm analysis
3. Laparoscopy/hysteroscopy report

Please fax them to +27 11 463 1875 or e-mail to info@medfem.co.za or bring along on day of consultation.

NOTICE TO ANY LABORATORY PERFORMING THE BLOOD TESTS:

PLEASE LOG BLOOD TEST REQUESTED UNDER DR. RODRIGUES AND NOT MEDFEM CLINIC.

Please check if the following blood tests were done on the **2nd or 3rd day of your period** – if not go to an Ampath laboratory closest to you with this form to have them done.

- **FSH**
- **LH**
- **E2**

Bloods

You should also review the following blood tests – if they have not been done please arrange to have them done ensuring that these results are available for your first appointment.

NOTICE TO ANY LABORATORY PERFORMING THE BLOOD TESTS:

PLEASE LOG BLOOD TEST REQUESTED UNDER DR. RODRIGUES AND NOT MEDFEM CLINIC.

FEMALE

- Insulin – Fasting
- Glucose - Fasting
- TSH
- FT4
- Thyroid Antibodies
(only if a history of miscarriage is present)
- Prolactin
- Rub IGG + IGM (if not done before)
- Cardiolipin Antibodies –
(female only) and only if a history
of miscarriage is present)
- AMH
- HIV - Screening Test
- Hep.Bs Ag
- Hep C - Antibodies

MALE

- Insulin – Fasting
- Glucose – Fasting
- TSH
- Prolactin
- HIV - Screening Test
- Hep.Bs Ag
- Hep C – Antibodies

Note:

No phospholipid antibodies to be done on the male partner.

The above blood tests can be done at any time of the month but you need to fast from the night before at 22:00 – No food, drinks or sweets until after the blood test is done the following morning (NB: these blood tests are usually done early morning).

Semen Analysis

- A Sperm analysis is required as part of the male investigation.
- If this analysis has not been done in the past year, you will need to make arrangements to have it done at (+27 11 463 2244, Ext. 140) at Medfem Clinic laboratory. Please phone between 08:00 – 13:30. **(NB: The analysis is usually done early morning).**
- **SPERM ANALYSIS IS ONLY DONE BY APPOINTMENT**
- If you live out of town please either arrange with the closest Ampath laboratory to you or arrange to have the test done early on the morning (07:00 – 08:00) of your 1st appointment here at Medfem laboratory.
- All test results will **NOT** be available on the same day.

Producing a sperm sample:

1. HIV and Hepatitis B and Hepatitis C bloods must be done first.
2. A specimen of semen is required, produced by masturbation.
3. A CONDOM MUST NOT BE USED. In exceptional cases enquire at the Laboratory for a “non-toxic” imported condom.
4. Three day abstinence period (abstain from intercourse / masturbation).
5. Container must be labelled with both partner’s surnames and file numbers before collecting the sample.
6. BEFORE COLLECTING THE SPECIMEN: Wash hand and private parts with soap and rinse well to remove soap. Dry hands and private parts.
7. No lubricants such as creams, gels or soap should be used. Conceive Plus are the Only lubricant to be used which is available at our pharmacy.
8. Collect the sperm specimen directly into the sterile container.
9. Place the lid securely on the container.
10. If any portion of the specimen spills please report it to the embryologist.