



New Patient,

Welcome, and thank you for choosing Medfem Fertility Clinic.

Our goal is to make your first visit as pleasant and informative as possible. We understand the sensitive nature of your visit and respect your time and privacy. At your first meeting, your Medfem Fertility specialist will:

- Organize any additional tests which you and your partner may require.
- Take a detailed history and do an examination, which will include an ultrasound scan.
- Give advice about what choices are available and help you decide which treatment is most suitable for you.

The quality of your visit is enhanced when we have the ability to review any prior health records, especially if you have an extensive gynaecological and/or medical history. This applies to male partners as well. If you have had tests done previously or had treatment elsewhere, please bring along any information or results to your appointment. **If no tests have been done, we recommend the following, listed below, is done, in order for the doctor to complete the assessment and advise accordingly.**

We encourage you to visit our website at [www.medfem.co.za](http://www.medfem.co.za) for detailed information about conception and fertility, treatment options, our medical team, and a list of frequently asked questions about fertility therapy.

**Blood tests**

In order to be assessed adequately from a fertility perspective, these blood tests stipulated below will be required. Please ensure both partners are FASTING (no breakfast/coffee/tea) and bloods are done in the early morning. Any laboratory can be used.

FEMALE	MALE
Insulin – Fasting	Insulin – Fasting
Glucose - Fasting	Glucose - Fasting
TSH	TSH
FT4	FT4
Prolactin	Prolactin
AMH	FSH
HIV	HIV
Hepatitis B (BsAg)	Hepatitis B (BsAg)
Hepatitis C antibodies	Hepatitis C antibodies
Rubella IgG and IgM	
Thyroid antibodies	
Antiphospholipid screen (only if history of miscarriage)	

**Ampath:** please ensure the codes are used for the referring doctor.

Dr Rodrigues **rodto00**

Dr Clark **clani02**

Dr Shimange-Matsose **shilu01**

**Lancet:** Please use the referring doctor's name

### **Semen Analysis**

A semen analysis is required as part of the male investigation.

If one has already been done, please bring the report with to the consultation. If it is more than a year old, please may we request that the test be repeated at our laboratory.

The blood tests listed above need to be done before the Semen Analysis will be processed.

Semen analysis is only done by appointment. Please phone 011-463 2244 in order to book the Semen Analysis.

### **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, a safe, "non-toxic" imported condom is available at the accounts department.
4. Three-day abstinence period (abstain from intercourse / masturbation).
5. The container must be labelled with both partner's surnames and file numbers before collecting the sample.
6. **BEFORE COLLECTING THE SPECIMEN:** Wash hands and private parts with soap and rinse well to remove soap. Dry hands and private parts.
7. Lubricants such as creams, gels or soap should be avoided. However, special oil from the laboratory can be asked for at an additional fee. Ask the laboratory staff for assistance.
8. Collect the sperm specimen directly into the sterile container. **PLEASE** take care **NOT** to touch the rim of the container or the inside of the cap with any parts of your body. Place the lid securely on the container.
9. If any portion of the specimen spills, please report it to the embryologist.
10. The sample should reach Medfem Lab within an hour after it was produced. Keep the sample body temperature.

We look forward to assisting you further at Medfem,

Kind Regards,

**The Medfem Team**