The One-Stop Fertility Clinic is a comprehensive and quick outpatient service that enables assessment of the reproductive health of both the female and male partners during a single visit. After a specialised series of tests, a diagnosis of the possible cause of infertility will be made, specialist advice offered and appropriate treatments recommended without further delay.

Prior to the consultation, the female partner will be required to have the following tests:

- Blood test for anti-Mullerian hormone (AMH) to assess ovarian reserve
- Blood test for Rubella immunity
- Urine sample for Chlamydia screening

Prior to the appointment the male partner will be required to have a Semen Analysis.

The One-Stop Fertility Clinic appointment lasts approximately 60 minutes and involves:

- Full fertility consultation
- Gynaecological examination
- Transvaginal ultrasound scan of the uterus and ovaries
- HyCoSy test (to check whether the Fallopian tubes are blocked or open)*
- Analysis and discussion of the female partner’s tests
- Analysis and discussion of the semen analysis report
- Expert advice on the most appropriate fertility treatment

*Hysterosalpingo-contrast-sonography (HyCoSy) is a non-invasive ultrasound procedure that normally takes approximately 15 minutes. It is usually carried out between day 5 and 12 of the menstrual cycle. A thin catheter (tube) is passed through the cervix into the uterus and a transvaginal ultrasound scan is performed. Echo-contrast fluid is injected through the catheter to assess the patency of the Fallopian tubes.
GyneHealth offer patients a unique, integrated approach that combines conventional medicine with complementary care, such as nutritional advice, acupuncture, reflexology and counselling. We aim to provide the highest quality of care and our dedicated team of specialist practitioners work together to provide individually tailored treatments for every step of your journey.

**Acupuncture**

Acupuncture has begun to feature more prominently in mainstream healthcare in the UK, especially in conjunction with assisted conception.

Acupuncture is used in our clinic to support male and female reproductive health. It is also used to help with specific gynaecological concerns such as endometriosis, painful periods, pelvic inflammation, uterine fibroids and PCOS. Research suggests that acupuncture may help in the treatment of infertility by regulating fertility hormones, which can be be disrupted by stress and other lifestyle factors.

Studies indicate that acupuncture may also increase blood flow to the reproductive organs (which can improve the thickness of the endometrial lining) and promote embryo implantation. Acupuncture can also increase the amount of beta-endorphin, a chemical responsible for pain reduction, and reduce stress and anxiety levels, thus helping with assisted conception procedures.

**Nutritional Therapy**

Good nutrition and a healthy, balanced lifestyle are central to GyneHealth’s overall approach to your care. Our bodies are ultimately made of the foods we eat and every function requires certain nutrients, including protein, essential fats, vitamins and minerals. Nutritional therapy can identify potential imbalances and how these contribute to symptoms.

Current research shows that certain foods, vitamins and supplements may have specific properties with therapeutic benefits and, whether alone or in combination with other interventions, may help with the body’s natural self-regulation of blood sugar, hormone balance and weight management.

Maintaining a healthy weight can make it easier to conceive, and our nutritional therapists are trained in the assessment of food and lifestyle practices and how they impact on both short and long-term weight.

A nutritionally balanced diet can improve your chances of conception, and foods rich in nutrients such as iron, folic acid and Omega-3 fatty acids are helpful in ensuring a healthy pregnancy. Research also shows that combining the right balance of folic acid, zinc and Vitamin C can increase the percentage of normal sperm, sperm viability and sperm motility.

Our nutritional therapists recognise that each person is an individual and take time to define a personalised nutrition plan to maintain health and optimise fertility.

For more information on how the GyneHealth team can help you, please contact us on the details below:

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**E:** info@gyne-health.co.uk (clinical services)  
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