



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Follicle Tracking Scans

## Fertility Unit



---

### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Author:** Miss Lilian Ugwumadu

**Department:** Gynaecology

**Version:** 1

**Published:** Nov 2018

**Review:** Nov 2020

## Contact us

Eileen Gorman,  
Clinical Office Admin Co-ordinator

Email: [asp-tr.asphfertility@nhs.net](mailto:asp-tr.asphfertility@nhs.net)

Tel: 01932 723973 – for appointments only.

Work days: Tues/Wed/Thurs

## Background

In the normal menstrual cycle, an egg develops each month within one of the ovaries. The egg develops within a fluid filled “sac” called a follicle. The follicle grows from day one of the cycle (first day of period) and by day 12-14 should have reached the size of about 17 - 25 mm in diameter. The follicle produces a hormone called Oestrogen which in turn causes the lining of the womb to thicken. The egg is then released - a process called ovulation. Ovulation is caused by a sudden surge of another hormone known as LH, produced by the Pituitary gland.

During ovulation the follicle ruptures, sometimes causing some lower abdominal discomfort and the egg escapes and passes into the Fallopian tube where it meets sperm. After ovulation the follicle becomes the Corpus Luteum which produces another hormone called Progesterone which causes the lining of the womb to be receptive to an embryo. All evidence of the follicle and corpus luteum normally disappears by cycle day 28.

## Purpose of follicle tracking

To confirm that a follicle is developing at the correct time in the cycle and is releasing the egg, in other words to confirm ovulation.

## Who is follicle tracking carried out on?

Follicle tracking may be carried out for the following reasons:

- To confirm ovulation - particularly in couples with “unexplained” infertility.
- Monitoring of women undergoing ovulation induction treatment.
- To help the timing of treatment in women undergoing artificial insemination with donor or partner’s sperm.

3. There may be a need for a third or fourth scan depending on the findings of the second scan.
4. Once a mature follicle has been seen, a final scan and blood test will be arranged for approximately 7 days later to determine whether the follicle has released the egg.

### **How is follicle tracking carried out?**

The best way of looking at the ovaries is by ultrasound carried out using a vaginal probe. This method of scanning provides the most accurate image of the ovaries and uterus. A probe is inserted into the vagina (similar to having a smear taken from the cervix but usually less uncomfortable). The procedure is carried out with an empty bladder, takes no more than 10 minutes and also allows us to see the womb, its cavity and the lining of the womb.

### **How many scans are needed?**

1. The first scan is carried out between days 1-5 of the cycle.
2. At the first scan you will be given an appointment for another scan - usually close to the anticipated time of ovulation i.e. around day 10-14.

### **Results of follicle tracking**

These will be told to you at the time you attend.

### **Is it safe?**

Ultrasound has been around for the last 30 years and there are no known side effects. It does not involve the use of x-rays and it is a simple, painless procedure. This scan does not have any effect on fertility.

### **To book your ultrasound scans:**

Please contact the Fertility unit on the first day of your period to book your scan (if your period starts on a weekend, then telephone on the Monday). Please note scanning is not available at the weekend.