



## Open Appointments

Timescales for ongoing appointments can often be uncertain, it might not be appropriate to arrange your next appointment immediately following on from your last appointment. Often we require tests and investigations that need to be arranged outside of Yorkshire Fertility, and would advise that you contact us to update us when these tests have been performed. We can then arrange a follow up appointment with the confidence that all of the information is available for review by the clinician.

Other examples where an open appointment may be advised are if you are waiting for your period to start prior to a treatment, working towards weight loss or lifestyle changes, or considering your options prior to starting a treatment plan. After discussion, you will be provided with an open appointment - meaning that an appointment can be arranged at a later date.

Please be aware that if the duration between appointments is greater than 12 months, you will be discharged from the service and we would require a re-referral from your GP prior to any further appointments.

During this time we would ask that you remain in contact regarding your personal circumstances so that your records and treatment plans can remain updated.

## Remote Consultations

Please be aware that when you have a telephone consultation with the Doctor or nurse, it may be to give you the results of your tests. Unfortunately, sometimes this can be bad news that can be overwhelming

We would recommend that you try to make arrangements to enable you to have the consultation in an appropriate location.

We are happy to offer face to face appointments if you would prefer.



## Getting in Touch

Our Address:  
Broad Street Plaza  
Northgate  
Halifax  
HX1 1UB

Telephone: 01422 261344  
Email: [cah-tr.yorkshirefertility@nhs.net](mailto:cah-tr.yorkshirefertility@nhs.net)

If you have discussed treatment with egg or sperm donation, you may be asked to contact the relevant specialist nurses on:

[cah-tr.egg.donation@nhs.net](mailto:cah-tr.egg.donation@nhs.net)  
[cah-tr.sperm.donation@nhs.net](mailto:cah-tr.sperm.donation@nhs.net)

Please be advised that all email enquiries will be responded to within 3 working days. For any urgent enquiries, please telephone to speak to a member of the admin team, who will direct your enquiry to an appropriate practitioner.



# Planning Your Fertility Pathway



Fertility Treatments



Same Sex Programme



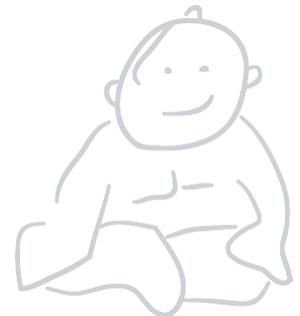
Donation Programme



Male Fertility



Fertility Preservation





## Whose Who?

### Medical Team

Our team of clinicians, which includes doctors and advanced clinical practitioners, are specialists in the field of fertility and offer individualised advice based on your clinical history and investigation results. Consultations often take place over the telephone or at a face-to-face appointment, please discuss with the administration team who will be happy to assist you

### Management Team

Yorkshire Fertility is managed and developed by the Clinical Director, Clinical Nurse Manager and Service Support Manager, and forms part of Calderdale and Huddersfield NHS Trust.

### Nursing Team

Our nursing team will support you through your journey, from initial assessment, throughout investigations and treatment towards discharge. They will be involved in the planning and implementation of your treatment pathway, including ultrasound examination by our nurse sonographers. You are likely to meet several nurses throughout your journey, although there are named nurses within the team for some specialist areas of fertility, including egg and sperm donation and safeguarding.

### Administration and Business Team

Our administration team are ready to greet you and work hard with the organisation of clinics and appointments, service development and financial aspects of the service.

### Counsellor

This can be a very stressful time. Our specialist fertility counsellor offers telephone and face to face appointments to offer support at any stage of your assessments and treatments (some of these sessions will require face to face appointments). You may be asked to book an appointment with the counsellor at certain stages of your treatment, but the admin team will be able to arrange an appointment at any stage.

### Students

We support the training of our specialist nurses and doctors in areas such as fertility ultrasound and advanced practice in fertility. They may be present at your appointment.



## Initial Assessment Process

Fertility investigations can be complex and can vary depending on your individual circumstances. The initial appointment with the nurse provides the opportunity to assess all factors that can affect chances of conception and arrange and complete any outstanding investigations. A full medical history will be obtained, and the nurse will advise on lifestyle factors that can influence the chance of becoming pregnant. We need to assess all couples together for the initial appointment, however once completing and consenting to the sharing the information between each partner, it is not a requirement to attend together at every appointment.

Once you have completed all of the required investigations, we aim to offer a follow up appointment for review with the medical team in approximately 6 weeks. At this stage, all investigations will be reviewed and explained, and if all of the required information is available, you may be advised on options for treatment pathways. Further tests may be arranged as required - there are some investigations and procedures that can only be arranged following review by the medical team.

Clinics here at Yorkshire Fertility can be very busy, and often we will have several clinics running alongside each other. We accept that delays can sometimes occur, but ask that you contact us if you are running late to your appointment. Unfortunately if you attend over 20 minutes late your appointment will need to be rescheduled due to the impact on the wider clinic and availability of the clinician.

## Funding and Finance

NHS funding criteria is governed by the local Clinical Commissioners associated with your GP surgery, and this can vary from region to region. It may be therefore, that some tests and/or treatment cannot be offered unless on a self-funded basis. Examples of this would be if either yourself or you partner have any children, or if your BMI is 30 or above. This will be explained during the consultation, and once the treatment plan is confirmed an invoice will be send for any costs incurred.



## Treatment Plans

There are several treatment pathways for managing fertility, depending on the reasons for infertility. You will be advised on the recommended treatment options for you, and you may need time to consider these options. It is important that care is delivered safely and effectively.

Your cervical screening test and any other investigations must be in date prior to treatment start dates, otherwise this will cause delays in your treatment. If a significant duration of time has elapsed since your initial investigations (usually greater than 1 year), we may need to repeat these prior totreatment starting to finalise the plan and confirm details such as medication doses.

Travel to a zika affected country could mean that you are advised against becoming pregnant for a period of time, as recommended by the Department of Health.

You and/or your partner may be advised to make lifestyle alterations prior to starting treatment - dietary changes and weight loss, stopping smoking (including vape/e-cigs), stopping drinking alcohol and stopping any drug use are all examples of how we can improve the chances of success and healthy pregnancy.

Some aspects of treatment can involve lengthy processes that unfortunately we have limited control over. Some tests take up to 4 months for the results to be available, and the donor matching process relies on the availabilities of donors. We endeavour to make it clear on anticipated timescales wherever possible.

If you change your name, address or contact details at any stage, please advise us as soon as possible, and also update your GP surgery. If this information is incorrect, it may affect the validity of any legal consent forms and can affect treatment. It may also mean that we are unable to contact you. We will require updated evidence of your ID/ address to validate the changes.