



A guide to Cycle Tracking



Introducing Fertility Plus

Fertility Plus is a leading fertility clinic based in Harley Street, dedicated to offering couples and individuals the best chance of conception in a supportive, caring and confidential environment. We believe your care is paramount and we ensure that each of our patients receive personalised care, meaning the same doctor every visit, with fixed pricing and no hidden costs.

What is Cycle Tracking?

Cycle tracking is the monitoring of the growth of your follicles and endometrium lining by ultrasound scan to identify the point of ovulation and the optimum time for conception by timed sexual intercourse.



How does cycle tracking work?

A baseline scan is undertaken between days 1-5 of your menstrual cycle then another scan is performed around day 8-12 of menstrual cycle to monitor follicle growth. Subsequent scans are done to follow follicle growth to a size of 18mm and endometrium lining development of minimum 6 mm thickness.

In total, you may need 2-3 scans for routine cycle tracking and some blood tests to assess progesterone hormone.

Can I have natural cycle tracking?

Yes, you may undergo a natural cycle tracking (without any medications) to assess and understand how your ovaries and womb lining interact appropriately to maximise the timing of timed sexual intercourse in relation to ovulation and natural conception.

Why would I need medications along with cycle tracking?

Some women may have difficulty with egg production, ovulation or womb lining development. Oral medications such as Clomid, letrozole or tamoxifen and injectable hormones such as FSH may help to grow follicle/follicles effectively.

Any medications can then be monitored by cycle tracking with ultrasound scan and if necessary further help can be given to ensure ovulation using HCG hormone injection as well as facilitate implantation with progesterone hormone support.

How do I take the oral tablets?

Oral tablets of Clomid/letrozole/Tamoxifen can be started from day 2-5 of the menstrual cycle daily for 5 days at appropriate dosage. If you have an irregular menstrual cycle, you need to carry out pregnancy test to rule out pregnancy before starting the tablets. You do not need to have a withdrawal bleeding if the scan suggests thin womb lining and quiet ovaries.

How do I administer the injections?

The FSH injection also commences from day 2-5 of menstrual cycle and is self-administered in the lower tummy under the skin on a daily basis and continued until further instructions. It may be required to carry on with injections up to 10-14 days based on the scan findings and clinical advice. Advice for women with irregular periods is similar to when using oral tablets as per above.

Full instructions for self-administration are given by our nurse to all patients who need to undergo hormone injections.

Are there any side effects?

Headaches, tiredness, mood swings and hot flushes with some nausea and bloatedness of tummy may be experienced occasionally. Serious side effects such as cancers are unlikely and have not been reported in human studies.

Clomid can thin the cervical mucus production and womb lining in a small percentage of women. These women should not take Clomid any further.

Multiple pregnancy risk

All fertility medications have the ability to produce more than one follicle and egg, thus increasing the chance for multiple pregnancies. This is the reason why one needs cycle tracking to ensure that if more than 3 follicles are growing over 14mm, the treatment cycles may need to be abandoned to minimise the risk of multiple pregnancies.

The risk of multiple pregnancies varies based on personal history and number of follicles developing.

How many treatment cycles would you advise?

We would not recommend more than 3-6 cycles of treatments as the pregnancy rates seem to peak around cycle 3-4 and then become static till cycle 6, following which they start to decline.

We cannot determine the quality of eggs produced and have to leave the fertilisation of the egg, embryo implantation and the rest to nature unlike in more aggressive fertility treatments.

Success rate

Oral tablets have a success rate of around 10-15% live birth rate per treatment cycle, while injectable hormones can increase this by further 2-5%.

How to plan a Cycle Tracking

- Following a consultation, your consultant will create a bespoke plan for your cycle tracking and put it into place. To time the cycle tracking correctly, you need to let the Fertility Plus PA to Mr. Shah and Mr. Gudi know the date of the start of your period by email or phone.
- Please ensure that the necessary prescriptions for medications are in place prior to starting the cycle.
- If a pre period scan by cycle day 24-28 has already been carried out, you can commence your medications as per plan.
- If a scan has not taken place, then you will need a scan between day 2-5 of cycle and then start the medications, at least for the first cycle of treatment.



To book a consultation with Mr Amit Shah or Mr Anil Gudi to discuss your personal requirements, please contact:

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For further information please visit:

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