

Fertility resources

Written by Francesca Steyn
Director of Fertility Services at Peppy

Whether you're thinking about starting a family, having trouble conceiving, considering or already going through fertility treatment, or dealing with miscarriage or baby loss, you may be looking for some more information.

The purpose of this guide is to provide you with a list of useful, up-to-date and free resources to help you with your fertility. It also includes tips on how to make the most of an appointment to discuss fertility and trying to conceive with your GP and where you can find out information about fertility services in your area.

Useful links and resources

NHS

Specific advice from the National Health Service around diagnosis and treatment of Fertility issues in line with NICE guidance.

NICE Guidance

An overview for the public, of the UK NICE guidance on fertility problems, assessment and treatment, updated in 2017. This covers advice to healthcare professionals for the management and treatment of fertility issues.

Human Fertilisation and Embryology Authority

Information from the UK regulator about choosing a fertility clinic, treatment options, emotional support and wellbeing, and your next steps. Also aimed at fertility healthcare professionals.

The British Fertility Society

Patient and public resources from the British Fertility Society that includes:

- IVF
- Male investigations and fertility treatment
- Female investigations and fertility treatment
- Egg freezing
- Counselling
- Ovulation
- Induction
- Using donor gametes
- Surrogacy

Fertility Network UK

The national fertility charity, supporting people with fertility issues and problems. For an introduction to how Fertility Network UK can help, visit: 'How We Can Help'.

British Infertility Counselling Association

The British Infertility Counselling Association resource for emotional support and counselling when trying to conceive. Also a link to BICA registered fertility counsellors.

Miscarriage and Loss

Support and advice when dealing with a miscarriage, pregnancy loss or baby loss.

Adoption UK

Information from the Adoption UK charity about the process of adoption and the steps involved.

Stonewall

Donor insemination and fertility treatment.

Verity PCOS Charity

Verity is a charity and a self-help group for women with polycystic ovary syndrome (PCOS).

Donor Conception Network

Support and advice for people considering donor conception or who are donor conceived.

Fertility Books

'Fertile Thinking'

by Anya Sizer and Cat Dean

A practical guide to help with the emotional side of fertility issues and treatment.

'Making Friends with your Fertility'

by Tracey Sainsbury and Sarah Rayner

A great resource from an accredited fertility counsellor about coping strategies and emotional support.

'The Pursuit of Motherhood'

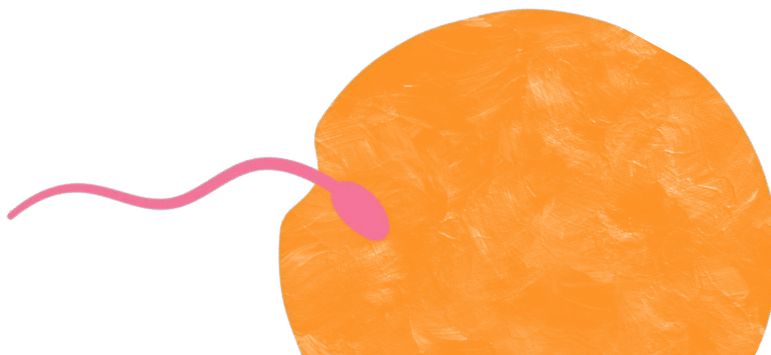
by Jessica Hepburn

A personal account of multiple fertility treatment attempts and Jessica's coping strategies.

'The Complete Guide to Female Fertility'

by Kate Brian

Including medical facts, emotional / social aspects and real-life fertility experiences.



Where to get further help

If you have been trying to conceive for a while without medical help, your first step will be to visit your General Practitioner who can arrange some fertility investigations and refer you to a fertility specialist if applicable.

You could also visit the HFEA website and access the 'Choose a Fertility Clinic' feature, which will give you access to all licensed in the UK.

[Click here to access the feature.](#)

How to get the most out of your GP appointment

Things to consider...

- **Keep a record** of your last 6 months of menstrual cycles (if applicable).
- **Ask for your GP to refer you for fertility testing** inc. AMH (Anti Mullerian Hormone), FSH (Follicle Stimulating Hormone), LH (Lutenising Hormone) and progesterone blood tests. If you have a male partner, ask for a referral for a semen analysis.
- **Ask your GP what the funding criteria is for fertility treatment in your area.**

About the author

Francesca Steyn is the Director of Fertility and Women's Health at Peppy and the Chair Elect of the Royal College of Nursing Fertility Nurses Forum. Here, she recommends resources that are supported by UK fertility specialists and in line with clinical guidance from the National Institute of Clinical Excellence (NICE) and the Human Fertilisation and Embryology Authority (HFEA).



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