



Bupa Forward Planning

Many women now wait until they're a little older before trying for a baby. Wouldn't it be great to know how long you should leave it?

Why choose the Bupa Forward Planning Check?

These days, around a fifth of UK women wait until after the age of 35 to start a family. By this age, you are usually less fertile, however, thanks to our new check, you can now find out the number of eggs you have left in your ovaries.

Fast results and unhurried advice

With Bupa, you receive your results as quickly as possible. Even better, you have plenty of time to talk to one of our expert doctors about what they mean and what you should do about them.

0845 604 0612
www.bupa.co.uk/wellness



What's included

You have a half-hour consultation with a doctor, during which a blood sample is taken. It undergoes a new triple hormone test that can predict how many eggs remain in your ovaries. You can then make an informed decision about whether to try for a baby sooner rather than later. This test can be repeated - to continue to monitor your egg count.



Medical tests

Medical history

Complete a detailed questionnaire about your background and medical history.

Consultation

Discuss your concerns and understand the implications of the test.

Blood test

This measures three ovarian hormones: inhibin B, AMH and FSH.

Total duration: 30 minutes

Results

These are sent to you, along with a detailed report.

The future

The tests should be repeated after one to two years to monitor any change and ascertain the rate of decline.

Time with doctor: Up to 30 minutes

Call 0845 604 0612* to book an appointment
www.bupa.co.uk/wellness

Bupa Wellness, Battle Bridge House, 300 Gray's Inn Road, London WC1X 8DU. Bupa Wellness Health Assessments are provided by Bupa Occupational Health Ltd. Registered in England and Wales no 631336. Registered office, Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.

*Lines are open Monday to Friday 8am to 6pm. Calls may be recorded and monitored. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

HA/P/6180/SCFP09