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Dear Doctor

Yuanfei Guo DOB 18/04/1990
Christopher/ Chris Clement
68 Carlton Street, Bellevue, Tauranga 3110
Phone number: 022 431 9548,
Our Reference: 784763 NHI: WBB2182

It was lovely to meet with you both today. I understand you've been trying to conceive for the past 12 months and hope to have two children going forward.

Yuanfei, at 35 your cycles are regular (every 26–28 days, lasting around six days). You mentioned that while some periods are manageable, others can be heavy with clots and significant pain requiring Nurofen. You do not experience bowel pain or pain with intercourse and you are keeping well otherwise. Your past medical history includes an open appendicectomy approximately 14 years ago, with a one-week hospital stay — this may suggest your appendix was complicated at the time, which occasionally can affect the fallopian tubes. Your smear is up to date, and you are a non-smoker.

On scan today your uterus appeared normal and mobile, with a small 1.7 cm fibroid noted in the fundus that is not affecting the uterine cavity. Both ovaries looked normal and healthy. Your AMH is 10, which is not critically low but does suggest a slightly reduced egg reserve for your age.

Chris, you are well with no major medical or surgical history other than an uncomplicated hydrocele repair in your early 20s. You are a non-smoker and both your sperm test and bloods look normal.

At this stage, your infertility is best classified as unexplained. My recommendation is to proceed with a hysterosalpingogram (HSG) to check that the fallopian tubes are open and to benefit from the “flush” effect, which is known to improve pregnancy rates. If the HSG is normal, I suggest you continue actively trying to conceive for another 3–4 months. If there is no pregnancy after that, then we should meet again to discuss the next steps. Someone from our nurse liaison team will be in contact within the next week to help arrange the HSG and answer any questions.

With kind regards
Yours sincerely

Dr Brad Chittenden
Gynaecology Consultant

cc: Yuanfei Guo & Christopher/ Chris Clement - feiguo112@gmail.com

