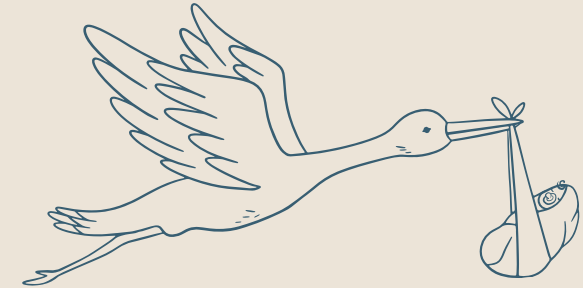




# YOUR FERTILITY JOURNEY STARTS WITH 3 EASY STEPS



**YOUR FERTILITY JOURNEY CAN START**



**3**

**YOUR INITIAL FERTILITY APPOINTMENT**

*Online or in our clinic.*



**2**

**INVESTIGATIONS**

*Can be done in our clinic or you can have them done in your home country.*



**1**

**CONTACT US**

*By secure email or phone to book your initial fertility appointment.*



## CONTACT US - BY SECURE EMAIL OR PHONE



### CONTACT US BY SECURE EMAIL

1. Login to [www.trianglen.dk/en/secure-email-server](http://www.trianglen.dk/en/secure-email-server) or scan the QR-code:



2. Scroll down and choose:

[Trianglen - International Team \(use this mail if you live outside Denmark\)](#).

3. Fill in the form and press send.

### CONTACT US BY PHONE

#### MONDAY - FRIDAY

**Phone number, International Team, Trianglen:** 0045 5060 3444.

*Our International Team is ready to guide and help you every weekday (Monday - Friday) from 08:00 a.m. - 03:00 p.m.*

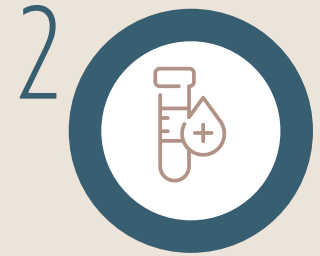
#### WEEKENDS AND PUBLIC HOLIDAYS

**Phone number, the secretariat at Trianglen:** 0045 3940 7000.

*Our secretariat is ready to guide and help you on weekends and public holidays from 09:00 a.m. - 12:00 p.m.*



# NECESSARY TESTS/INVESTIGATIONS AHEAD OF YOUR FERTILITY TREATMENT



## **BLOOD TESTS/INVESTIGATIONS**

*(Tests/investigations can be done in our clinic or you can have them done in your home country. Tests/investigations must not be older than 1 year)*

- FSH, LH and Oestradiol
- AMH
- TSH+TPO
- Prolactin
- Rubella (Blood test to check for immunity)
- D-vitamine
- Test for HIV 1+2, Hepatitis B (HBsAg), Hepatitis B (antiHBc) and Hepatitis C (antiHCV)

Please note: The laboratory where the HIV and Hepatitis tests are analyzed must be EU certified with the following ISO-number: DS/EN ISO 15189 or DS/EN ISO 17125.

## **Swabs:**

- Chlamydia (not older than 3 months)
- Pap-Smear (not older than 3 years)

## **Examination of the tubes:**

- HyCoSy (hysterocontrastultrasonography)

*In some cases also a water scan*

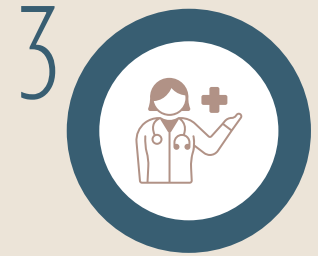
## **After treatment:**

hCG blood test

**All tests must be approved by Trianglen before your treatment can begin.**



# YOUR INITIAL FERTILITY APPOINTMENT

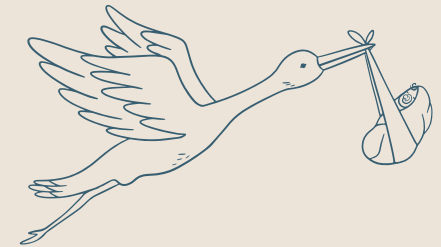


## YOUR INITIAL FERTILITY APPOINTMENT

- The initial appointment with one of our doctors can take place online or in our clinic.
- Your appointment takes approximately 45 minutes.
- We have available appointments Monday to Friday.
- Your initial appointment is non-binding. Please scan the QR code to view the cost for the initial appointment (*Link to price list*):



# YOUR FERTILITY JOURNEY CAN START



## YOUR FERTILITY JOURNEY CAN START

- ✓ **All necessary investigations are approved by Trianglen.**
- ✓ **You have had your first interview with a doctor from Trianglen.**
- ✓ **A treatment plan, prescriptions and necessary documents has been sent to you.**

When you feel ready to start your treatment, please contact us on the first day of your menstruation.

Please contact us by phone or secure email. Please contact us as soon as your menstruation has started.

The date of the first ultrasound scan depends on your treatment plan.

Remember we are here to guide and help you every step of the way. Never hesitate to reach out. We are here for you.

We wish you the best of luck with your treatment.

*Team Trianglen*

