

DuoFertility Update



Frequently asked questions

How does DuoFertility identify my most fertile days?

Step one is the DuoFertility sensor - You simply wear it under your arm as a discrete patch, which monitors your body, taking up to 20,000 temperature measurements every day.

Step two is the DuoFertility reader – you simply transfer all data collected by the sensor to your reader wirelessly with one click. The reader calculates your fertility status and gives you a clear visual display of your fertility status for the whole week ahead.

Step three – get on with your life! From now on you have the confidence in knowing when you are most fertile and the reassurance of knowing when you are not fertile.

DuoFertility also plugs you into our support programme. Your reader can be connected to a computer and the DuoFertility software displays your temperature chart of each cycle automatically. Every time you connect your reader with your computer all your data downloads to the DuoFertility computer laboratory via a secure internet link. It is enhanced by fertility experts – compared to women with similar fertility patterns – and uploaded back to your computer next time you log on – making your reader ever more sensitive to your cycle.

How accurate is DuoFertility?

The technology behind the DuoFertility fertility monitor identifies your fertile days with an accuracy of 99%. DuoFertility continuously takes 20,000 times more data than conventional methods of measuring BBT, creating an incredibly accurate picture of your cycle which can help you to gain a greater understanding of your fertility. DuoFertility also allows you to input other fertility clues, such as cervical mucus quality and the presence of ovulation pain as well as factors which are related to your general well being, such as sleep disruption and illness, if you wish to take these into account. This helps DuoFertility to create an even more accurate picture of your cycle, and together with temperature measurements, may increase the accuracy of fertility detection to 99.7%.

When ovulation occurs, there is a small increase in your body basal temperature. Body basal temperature is the lowest temperature your body reaches – your body usually reaches this temperature during deep sleep and your temperature increases again when you wake up. The BBT patterns of women consist of two different phases during the menstrual cycle; the temperatures taken in the first phase, before ovulation, are lower than those taken in the second phase after ovulation has occurred. The average temperature prior to ovulation is 36.37oC and after ovulation is 36.72oC, although this varies from woman to woman and cycle to cycle. This small increase in BBT occurs within 48 hours of ovulation and remains elevated until your next period.

The technology behind DuoFertility identifies this small rise in body basal temperature and uses this information to pinpoint your most fertile days with an accuracy of 99% through continuous temperature measurements. DuoFertility works out when you are sleeping most deeply, so there are no disruptions to your temperature measurements from late nights, early mornings, or interrupted sleep. Of the 20,000

The help and support you need to get pregnant - naturally

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temperature points collected during the night, only the best quality measurements are used to predict and identify when you are fertile.

Is DuoFertility suitable for me?

We all become less fertile as we get older so it's natural to think that time may be running out. As many as 1 in 6 couples have trouble conceiving and often simply having a clear picture of your fertility cycle is the most important part of understanding your fertility - simply because there are so few days when you can actually conceive.

DuoFertility is suitable for you if you are....

...aged 30+: Your body clock is already ticking. At age 40 you are significantly less fertile than at age 35. At 35 you are much less fertile as at age 30. Each passing year you are getting less and less fertile. DuoFertility can help you timing intercourse during your most fertile days of your cycle!

... a busy career women: If you want to juggle your career around your family, DuoFertility can be a major help in maximising your chances of conception to your desired timescale. Furthermore, DuoFertility lets you get on with your life – you only wear the DuoFertility sensor and DuoFertility monitors your fertility round the clock.

...you suffer from secondary infertility: Many couples experience difficulties trying to conceive for a second time. The confidence that comes from knowing when you are most fertile can make all the difference.

...your hormone levels are higher or lower than average: This is often the case for women who suffer from Polycystic Ovarian Syndrome (PCOS). Many ovulation predictor kits which test level of luteinising hormone in the urine will display incorrect results throughout your menstrual cycle. DuoFertility detects ovulation even if your hormone levels are higher or lower than normal.

...you are undergoing assisted reproductive techniques, such as IVF or ovulation induction: DuoFertility can be used between cycles to predict your fertile days, helping you to conceive naturally in between IVF cycles.

...you are concerned about how long it is taking you to conceive: You are only fertile for around couple of days during your menstrual cycle. Knowing exactly when is critical when trying for a baby. The technology behind DuoFertility identifies your fertile days with 99% accuracy.

Is DuoFertility effective in irregular cycles?

Yes – because DuoFertility has been designed to give advance notice of fertile days, it is particularly useful to women who have highly variable cycles. One customer experienced cycles varying from 35 days to 80 days – and DuoFertility was able to provide 3 days advance notice of fertility after that 80 day cycle – allowing conception to occur. Every week we are generating more data on irregular cycles – which will help us help more and more women in future. If you add in other fertility clues you'll find DuoFertility becomes even more in tuned with your body.

Can I use DuoFertility if I suffer from PCOS?

Women with Polycystic Ovarian Syndrome (PCOS) often experience difficulties conceiving, usually linked to problems with ovulation or irregular cycles. DuoFertility can be used by women who suffer from PCOS as DuoFertility uses Body Basal Temperature Method to identify your most fertile days compared to most ovulation predictor kits which test levels of luteinising hormone (LH). As hormone levels of women who suffer from PCOS are often higher or lower than average, those ovulation predictor kits will display inaccurate results. DuoFertility detects ovulation even if your hormone levels are significantly higher or lower than average or your cycles are highly irregular.

Can I use DuoFertility with fertility drugs?

Yes you can continue to use DuoFertility even when using fertility drugs, as DuoFertility adapts to your cycle even if you are taking fertility drugs - just tell us what you are taking and regularly download your data.

I would like to undergo alternative medical treatments (acupuncture or osteopathy). Can I still use DuoFertility or does the treatment affect the performance?

It is fine for you to use DuoFertility in combination with other para-medical treatments. However, you might want to consider using one of the star buttons on the reader (or recording it directly onto your PC) to record the occasions on which you undergo these treatments, since they may interfere with the DuoFertility analysis if they alter the way in which your body responds.

Can I use DuoFertility if I am going through medical fertility treatments like IVF or Clomid?

Yes, you can use DuoFertility to identify your most fertile days at the same time as taking Clomid. Clomid will regulate your hormonal levels in order to stimulate ovulation, and DuoFertility can help you to identify when ovulation during your menstrual cycle occurs.

IVF can only be performed two to four times a year to give the body time to recover between hormonal stimulations. In some cases in between the cycles there is still a chance to conceive naturally. DuoFertility helps you to identifying your most fertile days during your cycle can increase your chances of natural conception in between IVF cycles.

Will DuoFertility be able to help me identify my fertile window if I have insomnia?

DuoFertility should still be able to help you identify your most fertile period if you have irregular sleep patterns or insomnia.

Most insomniacs still manage to have some sleep during the night, and this should be enough for DuoFertility to determine your body basal temperature and tell you when you are most fertile. Furthermore DuoFertility collects data continuously, whether you are asleep or awake, so your temperature measurements will not be affected.

Can DuoFertility help my doctor diagnose an infertility problem?

Measuring BBT with DuoFertility can help both, building a picture of a woman's cycle, and also monitor any differences between cycles. This can contribute to the early diagnosis of fertility problems – the earlier the diagnosis, the greater the chance of successful treatment.

In some cases of infertility, information about your cycle can help your doctors to identify a problem. This is why doctors often recommend that you chart your temperature for a few months if you are struggling to conceive. The only difference is that DuoFertility takes your temperature automatically for you while you sleep and our software will display this data in graphs on the PC.

DuoFertility uses the Body Basal Temperature Method - how can BBT help me identify my fertile period?

Body basal temperature (BBT) is the lowest temperature that your body reaches during each 24-hour day. This "resting" temperature is usually reached during deep sleep and increases as you wake up.

Changes in BBT are a very easy way of confirming that ovulation has occurred. Your fertile period is correlated with ovulation (the release of the egg). Once the egg has been released, the follicle (that it was released from) breaks down to form a structure called the corpus luteum. This releases the hormone progesterone, which causes the characteristic rise in body basal temperature of about 0.3°C. This small increase in BBT will occur within 48 hours of ovulation and will remain elevated until your next period.

So accurately detecting this shift in temperature can allow you to time baby-making intercourse for the time when the egg is able to be fertilised. DuoFertility and its sophisticated algorithms use temperature data to identify your most fertile days.

Can I stop using DuoFertility and start again in the future?

Yes, you can stop using DuoFertility and start again in the future. However, we recommend using DuoFertility continuously as the more temperature data is collected a more accurate picture of your cycle can be built. If you decide to stop using DuoFertility and you would like to start using it again in the future you do not have to wait until a particular day in your cycle – you can start using DuoFertility again whenever you want and whenever it is most convenient for you.

I am in my 40's, can I still use DuoFertility?

Yes, you can still use DuoFertility if you are in your 40's, unless you have reached menopause.

Can I use DuoFertility as contraception device?

No, the DuoFertility system is not designed to be a contraceptive device. If you wish to learn more about Natural Family Planning, you should see a Natural Family Planning expert that will help you identify your natural cycle.

How can I get in touch with the DuoFertility expert team if I have a question about DuoFertility?

DuoFertility's experts are available over the phone from Monday to Friday, 9am to 6pm. You also can send them an email to fertility.expert@DuoFertility.com.

How much does DuoFertility cost and what does it involve?

DuoFertility costs £495. The DuoFertility Pack involves the lightweight DuoFertility Sensor (worn as a patch), the stylish DuoFertility reader (programmed to your body clock), easy to use computer software (which visualises your temperature graph and fertility data automatically), fully instructional manuals, 40 hypoallergenic adhesive patches and 5 pregnancy tests.

Furthermore, purchasing DuoFertility gives you fully access to a comprehensive support programme for up to 12 months. You will receive personal help and advice, plus your own fertility report to discuss with your GP. You will also receive regular updates to your reader when you connect your reader to your computer – making your reader even more personalised and more accurate.

Where can I buy DuoFertility?

DuoFertility is available online on www.DuoFertility.com. The order also can be placed over the phone on 01223 437001.

How long does shipping take?

After you have placed the order your product will be shipped within 7 working days. You will receive a confirmation email once your product has left our premises.

How much does shipping DuoFertility cost?

There will be no extra shipping costs as they are included in the purchase price of £495.