



Patient Information Leaflet

Bio Identical Hormone Replacement Therapy

Are you looking to address symptoms associated with hormone imbalances such as menopause, andropause, pre-menstrual syndrome, dysmenorrhea, menorrhagia, and post-natal depression? You can arrange for a private consultation to discuss how bio identical HRT could help you.

Bio identical hormone replacement therapy (BHRT) is only available privately and differs from treatments offered by the NHS in that it is 100% identical to the chemical structure of hormones found in the human body and consistent with the body's normal biochemistry.

If you would like to consider this treatment, blood tests will need to be done beforehand. If you are still having a regular bleed these should be done on day 21 of a (28-day cycle). If your cycle is a different length, please arrange the blood tests 7 days before your period starts. If you no longer have periods, blood tests can be done at any time.

If you would like to have the blood tests, please ensure you book your appointment at the appropriate time of your cycle. You are welcome to have the initial consultation beforehand and then return to have the blood tests at a later date if you then chose to go ahead with treatment.

Protocol requires that a post-menopausal pelvic ultrasound scan is conducted prior to starting BHRT treatment, where appropriate. It is normal practice that this is done on a 12 monthly basis to ensure that there are no underlying problems.

We work closely with Cherish UK in Sutton Coldfield, who offer an excellent service. If you wish, it should be possible for you to arrange a scan on the same day as your BHRT consultation. If this is not suitable, we can guide you to an alternative provider.

The cost of a scan with Cherish is £100 and they can be contacted on 0121 354 4777, or email: info@cherish-uk.com

Please mention at the time of booking you are a patient of The Oakley Partnership.

If you would like a consultation, please contact our reception team to book a convenient appointment. Where possible please bring with you your most recent cervical screening report. If you have had any of the following scans these would also be useful: pelvic ultrasound, mammogram and dexa-scan reports, or any gynaecology medical history or paperwork.

Please complete the hormone symptoms form and the medical health questionnaire enclosed in this pack and return these to us BEFORE your appointment. This will help us to provide the best care for you.