



**HOW TO CHOOSE
THE RIGHT FERTILITY
CLINIC FOR YOUR JOURNEY**

CARE FERTILITY

MAKING FAMILY POSSIBLE FOR OVER 25 YEARS

A fertility clinic that is right for you is one that doesn't just get the job done but it's one that makes you feel seen, feel heard and feel supported at every step of the journey.





You'll be making regular trips to the clinic, so where it's located really matters. Our patients often tell us that choosing a clinic too far away or hard to access can make an already stressful process even harder.

Hopefully, this is a decision you'll make once and won't have to think about again, allowing you to focus on your journey.

Here's why it matters and what to look out for:

PROXIMITY TO HOME AND WORK

Choosing a clinic close to home or work can make a world of difference during your fertility journey. Regular appointments are a key part of treatment, and being nearby helps to ease the pressure, allowing you to fit appointments into your routine with less stress.

COMFORT AND PEACE OF MIND

A conveniently located clinic allows you to focus on what really matters: your treatment and well-being. Long, tiring journeys can add unnecessary stress, but having a clinic nearby ensures you can approach each visit feeling calm and prepared.

SUPPORT FROM LOVED ONES

Having your clinic nearby means staying connected to your support network of family and friends. Their encouragement and presence—whether it's accompanying you to an appointment or offering a listening ear afterward—can be a vital source of comfort.

PARKING AND ACCESSIBILITY

A clinic with good parking or easy access to public transport makes all the difference. The last thing you want is to be worrying about finding a space or rushing for a train when you should be focusing on your treatment. Choosing a clinic that's easy to get to helps make each visit that little bit smoother.

The right clinic environment can make a real difference to your experience. Modern, well-equipped clinics don't just offer advanced treatments—they also create a space where you feel comfortable, supported, and at ease throughout your journey.

STATE-OF-THE-ART TECHNOLOGY

Look for a clinic that invests in the latest medical technology, as this can play a key role in treatment success. Advanced equipment and laboratory techniques can improve accuracy, efficiency, and overall outcomes.

RELAXING AND COMFORTABLE ENVIRONMENTS

Fertility treatment is an emotional process, so a welcoming and calming clinic space can make visits feel less stressful. Pay attention to the atmosphere—does it feel private, quiet, and comfortable?

DEDICATED TREATMENT AND RECOVERY AREAS

Private treatment and recovery spaces allow for a more personal experience, giving you the privacy and comfort you need at every stage of treatment. It's worth checking what facilities are available to help you feel as relaxed as possible.

Fertility treatment isn't a one-size-fits-all journey.

Choosing a clinic with a wide variety of treatment options ensures you'll have access to the support you need, no matter your unique path.

Here's why it matters and what to look out for:

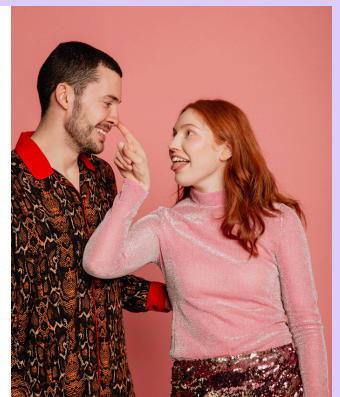
PERSONALISED TREATMENT PLANS

Everyone's fertility journey is different, and treatment should reflect that. Most clinics will carry out tests and assessments to understand your health and goals before designing a treatment plan that works for you. Finding a clinic that tailors care to your individual needs can make all the difference.



FULL RANGE OF FERTILITY TREATMENTS

At the start of your journey, you may not know which treatment is right for you. Choosing a clinic with a wide range of options—like IVF, egg donation, and treatments for same-sex and transgender individuals—ensures you have access to everything you might need, now or in the future.



ELIGIBILITY FOR EACH TREATMENT

Each clinic will have eligibility criteria based on HFEA regulations to ensure treatments are safe and effective. Taking time to research these guidelines will give you a better understanding of your options and help you make an informed decision.





Planning your fertility journey means understanding the costs involved and the options available to help you budget with confidence.

While pricing varies between clinics, knowing what to expect can help you make informed decisions that suit your needs.

TREATMENT COSTS

Fertility treatment is a big investment, so it's important to plan your budget and explore your payment options. Many clinics offer treatment packages, finance plans, or staged payments to help spread the cost. Checking what's included, the payment terms, and any extra fees upfront can help you plan with confidence. It's also worth asking about any savings or discounts that may be available.

NHS FUNDING

NHS funding for fertility treatment varies depending on where you live, as it's decided by local Integrated Care Boards (ICBs). Your GP can advise whether you meet the criteria in your area. Private clinics also have NHS contracts, so it's worth asking what's available and exploring your options.

MULTI-CYCLE PROGRAMMES

Some clinics offer multi-cycle programmes, which allow you to pay for more than one round of IVF upfront. These programmes can be a more cost-effective option as some people will need more than one cycle. What's included and the eligibility criteria will vary, so it's worth asking each clinic about their options.

PRIVATE HEALTH INSURANCE

Some private health insurance plans cover fertility treatment, but policies vary. Check what's included, any exclusions, and whether you need a referral. Your insurer may cover consultations or tests, but IVF is often excluded. Speak to your provider to understand your options.

WAIT TIMES



When choosing a clinic, it's important to understand how soon you'll be able to begin. Some clinics have waiting lists, while others can start treatment straight away.

Pre-treatment tests are usually required before you can begin, so check how these are arranged. Understanding the timeline from consultation to treatment will help you plan ahead.

At Care Fertility, there are no waiting lists, so you can start as soon as you're ready.

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days



When going through a fertility journey, one of the most important things you'll need is support from people who truly get it.

1-ON-1 SUPPORT

Fertility treatment comes with a lot of emotions, and sometimes, you just need someone to talk to. Many clinics offer access to counsellors or fertility specialists who can provide support when you need it most. Whether you're working through big decisions, managing stress, or just want to talk things through with someone who understands, having that space to share can help you feel less alone.



PATIENT SUPPORT GROUPS

Talking to others who are going through the same thing can be incredibly reassuring. Some clinics offer in-person or online support groups where you can connect, share experiences, and get advice from people who truly get it. It can be comforting to know you're not the only one feeling this way, and having a community around you can make a big difference. Some clinics also run events or provide extra resources to help you feel more informed and supported.





Good communication is key to a smooth fertility journey. A clinic that keeps you informed, listens to your concerns, and supports you at every stage can make all the difference.

CLEAR AND SIMPLE EXPLANATIONS

Fertility treatment can feel overwhelming, so look for a clinic that explains everything in straightforward terms, from treatment options to costs and timelines. Having a knowledgeable and supportive team at every step will help you feel informed and reassured throughout your journey.

EASY ACCESS TO YOUR CARE TEAM

It's important to feel supported throughout treatment, so make sure you know how to contact your clinic. Check if they offer phone or email support and how quickly they respond. It's also worth looking into their out-of-hours care, as you may need it at some point.

A SAFE AND SUPPORTIVE SPACE

Your journey is unique, and you should feel comfortable asking anything without judgment. The right clinic will take the time to listen, understand your situation, and offer support that feels right for you. Feeling heard and respected can make a real difference to your journey.

DIGITAL TOOLS TO KEEP YOU INFORMED

Some clinics offer apps or online portals where you can track appointments, view test results, and stay updated. It's worth checking if a clinic has these tools to help make managing your treatment easier.

REGULAR UPDATES AND CLEAR NEXT STEPS

Knowing where you stand at every stage can help reduce stress. Ask how and when you'll receive updates on test results, appointments, and treatment progress so you always feel informed and in control.

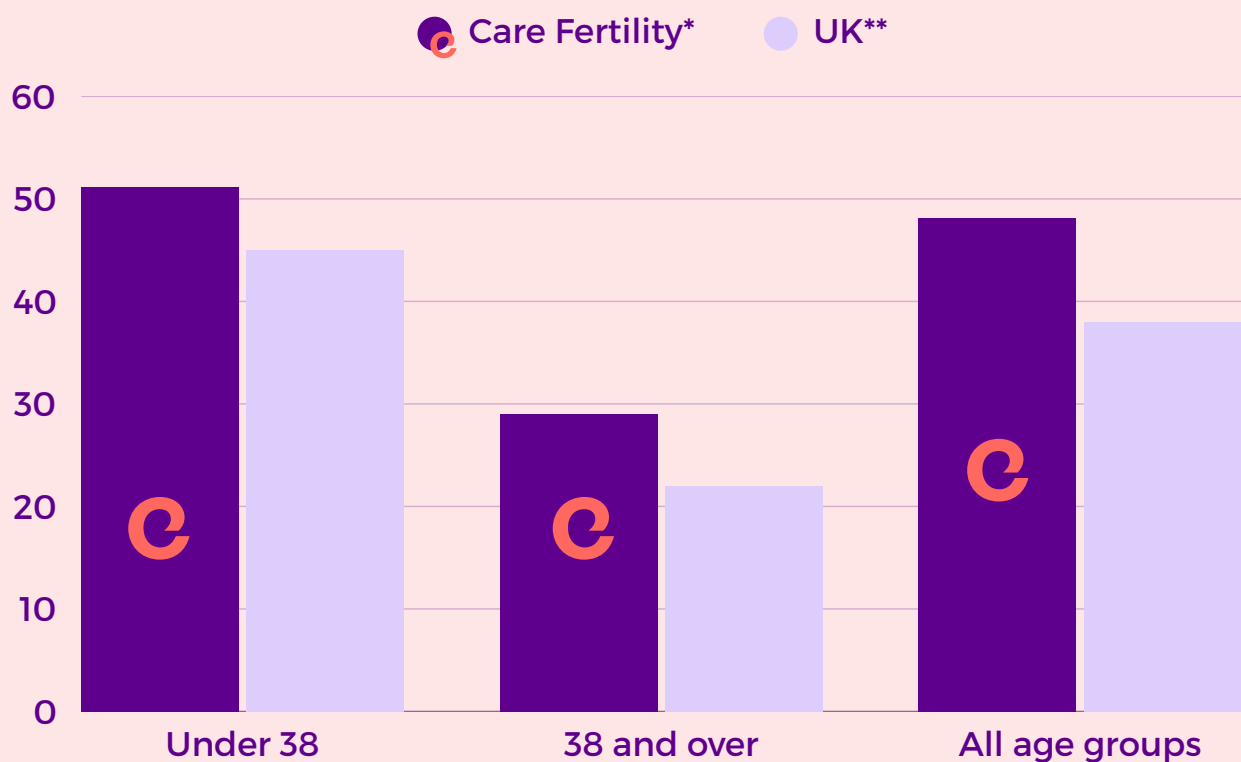
Open, honest communication helps you feel informed and supported, making the process easier to navigate. When choosing a clinic, think about what kind of communication will help you feel most comfortable and in control.



Success rates can be an important factor when choosing a clinic, but it's essential to understand what the numbers really mean for you.

The HFEA's 'Choose a Fertility Clinic' tool lets you compare success rates across clinics, helping you make an informed decision. A good clinic will be transparent about their results and take the time to explain how they relate to your personal circumstances.

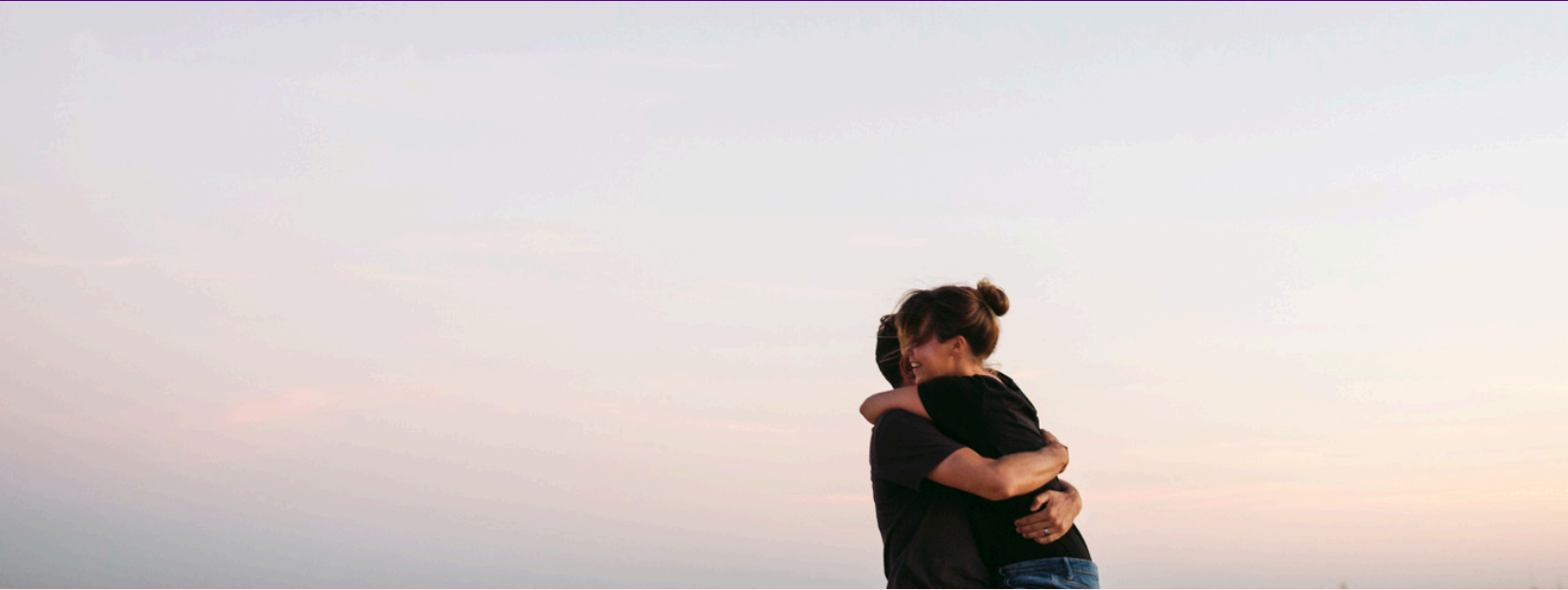
Cumulative Live Birth Rate per egg collection



*Care Fertility egg collections between 1 Jan 2020 - 31 Dec 2020

**HFEA published validated national data between 1 Jan 2016 - 31 Dec 2016

Care Fertility sample size (live birth/embryos transferred): <38: 501/1427, 38 and over: 427/1946, and all ages: 1979/5908



What is a regulator?

Regulators are independent organisations that oversee fertility clinics to ensure they meet strict safety and ethical standards. They provide guidelines and monitor compliance to protect patients and ensure quality care.

[MORE INFORMATION HERE →](#)

Where can I find out what regulators say?

In the UK, fertility clinics are regulated by the Human Fertilisation and Embryology Authority (HFEA). The HFEA's 'Choose a Clinic' tool is an excellent resource for comparing clinics. It provides detailed information on success rates, treatments offered, and patient feedback, helping you make an informed choice.

[MORE INFORMATION HERE →](#)

What should I look out for?

When reviewing a clinic's regulatory standing, consider:

Inspection Ratings: Look for clinics rated highly by the HFEA.

Success Rates: Understand these in the context of your individual circumstances.

Transparency: Ensure the clinic openly shares information about treatments and outcomes.

Ethical Standards: Confirm that the clinic follows ethical practices in line with HFEA guidelines.

WHAT PATIENTS SAY



"I have been fully supported by the Care Fertility team and the nurses in one of the most stressful and difficult journey I have taken. They are very quick and proactive on responding by email or phone. Nurses are kind and patient during appointment and they give you the attention you need during the process. Doctors explained each single step of the journey and they try to do the best possible to meet your needs. They show you they care of you."

Angela, a patient at Care Fertility
23rd January 2025



"All of the staff have treated me with such genuine compassion over the course of three cycles (one ongoing). I have never felt like my treatment was generic or that I was just a number. Between fresh cycles my treatment has been tailored to produce a better result, which worked. All of the nursing staff are fantastic. I am an NHS referral and I have never felt my care was less-than."

Charlotte, a patient at Care Fertility
1st December 2024

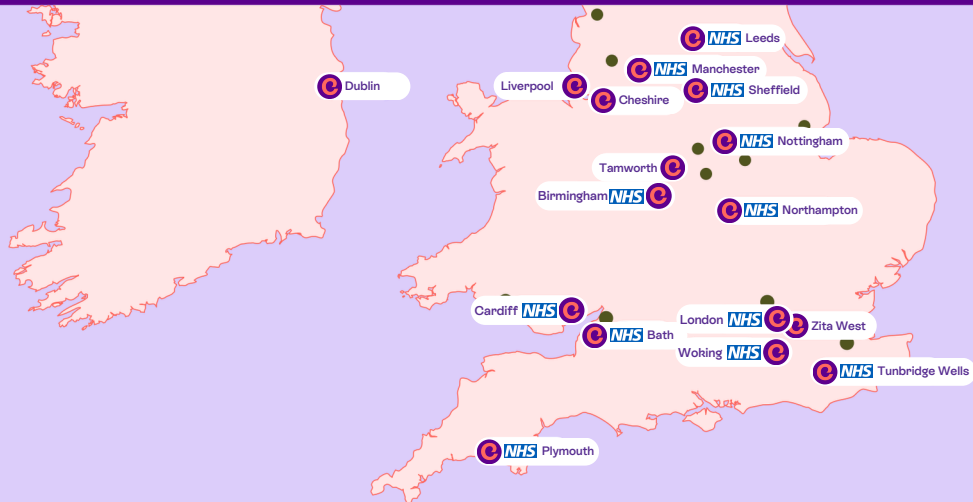


WHY CHOOSE CARE FERTILITY?



A CLINIC NEAR YOU

With 18 clinics across the UK and Ireland, expert care is always within reach. Wherever you are, you'll find a welcoming team ready to support you every step of the way.



TRUSTED BY THOUSANDS

We're proud to be one of the UK's most trusted fertility clinics, with excellent reviews on Trustpilot. Our compassionate approach and proven expertise give you the reassurance you need during this life-changing journey.



"EXCELLENT"



WORLD-CLASS EXPERTISE AND FACILITIES

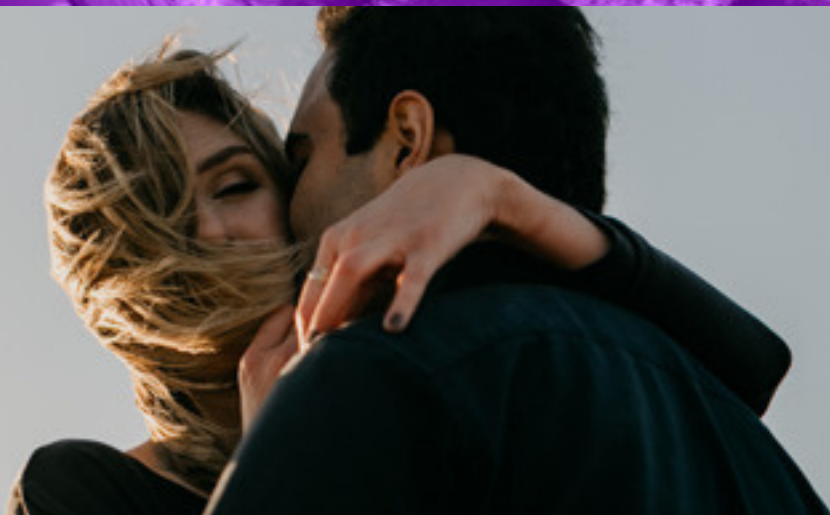
Our specialists are among the best in the field, supported by state-of-the-art facilities. Every treatment is designed with care, precision, and your unique needs at heart.



LEADING SUCCESS RATES

With some of the UK's leading success rates, we've helped thousands of families grow. Your dream of starting or expanding your family is at the heart of everything we do.

CARE FERTILITY



GET IN TOUCH

**SPEAK TO OUR TEAM TODAY
TO START YOUR JOURNEY
WITH CARE FERTILITY**

[Visit our website](#)



[Book an appointment](#)

A photograph of a smiling couple embracing. The man, with a beard and glasses, is wearing a light-colored shirt and has his arms around the woman. The woman is wearing a black top and has a tattoo on her arm. They are both smiling warmly at the camera.

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