

Fertility referral information for women with a lymphoma diagnosis

Your lymphoma doctor or nurse will have already told you that some treatments for lymphoma may affect your ability to have children naturally (your fertility). Because of this you have been offered a consultation with a specialist fertility doctor at St Mary's Hospital. This is to discuss the options open to you if you would like to have children after your cancer treatment. It is your choice whether you see a fertility expert, and we hope the information in this leaflet will help you decide.

What can a fertility doctor do?

The specialist fertility doctor can discuss the options available to you if you think you would like to try to have children after your cancer treatment. It is important that you think carefully about whether you would like to see a fertility doctor as some of the procedures which may be recommended cannot be carried out once you start your cancer treatment.

You may be able to have treatment to stimulate your ovaries to produce eggs before you start your cancer treatment. This is so some of your eggs can be collected and stored for use at a later date, or so that they can be fertilised outside your body and stored (embryo storage). If you cannot have these procedures, you can be offered information about other options which may be available, such as donor eggs, surrogacy or adoption.

The consultation with the fertility expert is not part of your treatment, so fertility treatment itself should not affect your physical recovery from the cancer. If you do opt to have fertility treatment, your treatment for your cancer may be delayed. Your cancer doctor will liaise with the fertility expert, and will be able to advise you about any potential effects of delaying the start of your cancer treatment.

Women who have had such a consultation have reported that it helped them address their concerns, whether they went ahead with the fertility treatment or not.

What should I do if I would like an appointment with a fertility expert?

Please speak to your lymphoma doctor or nurse as soon as possible. They will then get in touch with the fertility service to arrange an appointment.

When will I receive an appointment for my fertility consultation?

You are likely to be seen by a fertility expert within 7 working days of your doctor or nurse contacting them to arrange an appointment. As you will be contacted at short notice to arrange the appointment, it is extremely important that you make sure your contact details are up to date. You need to provide details of as many methods of contacting you as possible (for example: home phone; mobile; work phone).



What will happen during my consultation with the fertility doctor?

You will have the opportunity to discuss the likely impact of your lymphoma treatment on your fertility, as well as the possible options for preserving your fertility. These will depend on your circumstances and wishes. You will also be told about the likely success of any fertility treatments you may be able to have, how long these treatments can take, and the risks involved.

Will I need any tests or investigations during my visit to the fertility specialist?

You will need to have some tests carried out if you decide to proceed with treatment to preserve your fertility. These will be carried out as soon as possible, and this may be at your first appointment. The results of these tests will help the fertility experts to decide whether you will be able to have the fertility treatment suggested. The fertility specialist will tell you more about any tests you may need, when these will be carried out and what happens next.

If I have a partner, do they need to be present during my fertility consultation?

It is a good idea for your partner to attend the consultation with you, as the information you will be given may be of interest and relevance to them.

What if I want to talk further with somebody about fertility issues after my consultation?

If you have any concerns or questions after your consultation you will be able to talk to a fertility counsellor at St Mary's Hospital. This is available whether you decide to have fertility preservation treatment or not. You will be given more information about this service at your consultation.

What happens if I do not want to pursue fertility preservation options?

Whether you wish to pursue the options for preserving your fertility is entirely your choice. If you decide you do not wish to, please inform your lymphoma doctor or nurse and your cancer treatment will go ahead as planned.

Further information:

Macmillan Cancer Support
Tel: **0808 808 0000**
www.macmillan.org.uk

The Lymphoma Association
Tel: **0808 808 5555**
www.lymphomas.org.uk

Cancer information centres

Visit the cancer information centres at Withington, Oldham or Salford
The Christie at Withington - **0161 446 8100**
The Christie at Oldham - **0161 918 7745**
The Christie at Salford - **0161 918 7804**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week