

# Folliculometry

Patient Information Series – What you should know, what you should ask.

## What is Folliculometry?

Serial ultrasound examinations to monitor growth of follicles in the ovary and detect or estimate occurrence of ovulation.

## When should it start?

- Day 9 -10 for natural or IUI cycle.
- Day 5 -6 for IVF cycle.

## How is it done?

It is a simple outpatient transvaginal examination.

## How long does it take?

Not longer than 10-15 minutes.

## Is a follicle scan painful?

- No reported side effects.
- Simple & painless.

## At what rate do my follicles grow?

Usually at a rate of about 1-2 mm per day.

## What is the optimum size needed to ovulate?

When the average diameter of the dominant follicle is 18 to 22 mm.

## Does follicle monitoring differ in hormone stimulated cycles?

Depending on the dose and type of ovulation induction drug (hormone stimulated cycle) given, some or most of the antral follicles grow, and the growth rate may differ for each.

## How to predict progress till the day of ovulation?

By visiting the doctor & serially monitoring the growth of the average diameter of the dominant follicle **on ultrasound**.

## How long does it take for a follicle to mature?

The follicles in your ovaries start growing from the sixth day of your menstrual cycle, reaching maturity between days 14 to 17, depending on your cycle length.

## Do all follicles contain eggs (oocytes)?

Usually they do, when you are under the age of 44 years and have good ovarian reserve.

## What does a follicle look like by ultrasound?

It is a small, fluid-filled sac that contains an immature egg.

## How long do I need to continue visits to the doctor/ how long should I follow up?

Monitoring is continued until the lead dominant follicle has grown and matured, so that it is ready to ovulate and release its egg. This usually occurs when the diameter has reached 18-22 mm, around day fourteen of your cycle. Ovulation occurs when the fluid-filled follicle bursts open.

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