

Patient Name:	Zoe & Patrick	Date:	5/3/2025
Practitioner:	Kathryn Moloney <a href="mailto:hello@fertilityandbeyond.co">hello@fertilityandbeyond.co</a>	Next visit:	Wed, 09 Apr 2025 07:45 AM BST <a href="#">Book here</a>

### Plan - reduce miscarriage risk:

- Test Zoe's thyroid asap and have thyroxine on hand for a pregnancy
- **Investigate further into Patrick's sperm health - round cells (they are <3 but should be <1) may indicate an infection in the semen + DNA fragmentation issues are suspected**
  - Improve lifestyle factors to improve sperm count, motility + morphology
  - Taking into consideration that Patrick was unwell when he had the semen analysis
- **Support Zoe's general health and sleep**
- Wait for testing to be done that should be referred by the miscarriage clinic as these will hopefully be covered by the NHS - call them to ask what they will test for
- **Begin with testing that NHS won't refer for**

### Areas to investigate (in order):

- Retest Semen analysis and DNA fragmentation - with leucocytes
- Check Zoe + Patrick's hormones and nutrient levels
- NHS covered standard miscarriage testing - end of April
- If all is clear on the above, then genetic mismatches - alloimmunity + endometrial and sperm microbiome

## ZOE

Herbal Prescription/Supplements	Breakfast	Lunch	Dinner	Bed/Notes
<b>Preconception multi for women (60)</b> Prenatal vitamins and minerals	2			
<b>Ubiquinol Super 200mg (30)</b> <b>or Ubiquinol 300 (60)</b> - cheaper and stronger Mitochondrial energy for egg quality + endometriosis	1			
<b>Vitamin D3 + K2 (60)</b> Improve Vitamin D levels for preconception	1 every 2nd day			
<b>Bioactive Lipids (120/240) OR OmegAval Hi-Po (60)</b> Omega 3 for egg quality and cognitive health	2			
<b>Adrestore (60)</b> Reduce stress, improve energy, thyroid + adrenal glands	1		1	
<b>Anxioton (60)</b> <b>Or CalmPlex (60)</b> Reduce stress + anxiety + improve sleep	2 1		2 1	2 1
<b>Slow release Melatonin</b> - see this link Improve sleep onset and maintenance				1 at 9 PM
<b>LV-GB Complex (120)</b> Improve liver health for hormone detox	2		2	
<b>Less important</b>				
<b>Vitamin E (60)</b> Endometrial lining support + egg quality			1	
<b>Lipoic acid 600 (60)</b> Egg quality, liver and blood sugar			1	
<b>N-Acetyl-cysteine (60 or 150g)</b> <b>N-Acetyl-cysteine (60g)</b> All sperm parameters, antioxidant + liver detox	1 scoop 1		1 scoop 1	
<b>Prescription Medication</b>				
When conceive next - progesterone + baby aspirin + thyroxine (tbc - check thyroid immediately)				

Always take supplements with meals (never on an empty stomach unless instructed)

Supplements must be taken at least 2 hours away from any pharmaceutical medication

## ZOE SUMMARY + TREATMENT AIMS

- Goal - Reduce miscarriage risk
  - TTC for 2 years with partner
  - had 3 miscarriages - unknown cause
    - 7 weeks
    - 9.5 weeks
    - 8 weeks - tested normal
  - Has 24 eggs frozen
  - Plans to try IVF, currently on NHS waiting list
- **Elevated Prolactin**
- Improve Thyroid - TSH 2.2
- Mum Hashimoto's
- Grandmother underactive
- **Polycystic ovaries - not syndrome**
- Family History
  - auto-immune/thyroid conditions
  - diabetes
  - cancer - uterine lining
- Polyp and fibroids removed
- Pain 1/10
- Mood 5/10
- **Anxiety**

- **Sleep 2/10 bedtime 11:30 PM-12:30 AM**
  - **6-7 hours of sleep**
  - **Tired upon waking**
  - **Trouble falling asleep**
  - **Waking during the night**
- Energy 7/10
  - Fatigue
- Period
  - Regular, 28-30 day cycle
  - **2-3 days flow, Light**
  - a little of the brownish discharge before the period starts
  - experience minor symptoms:
- sore/tender breast, fatigue, constipation/diarrhoea, irritable/depressed, flatulence/gas
- Difficulty in concentrating, increased symptoms of ageing, brain fog, seasonal chronic allergies
- Feels sluggish after fatty food
- Orthopedic problem:
  - ruptured ligament in right knee
- Elevated liver enzymes - ALT 35 + Bilirubin 11

## ZOE RECOMMENDATIONS

- Use the [Clue tracking app](#) to record your cycle ie. period, mucus, ovulation test, intercourse etc. It might be better than your current app
- Consider holding off TTC until we find the underlying cause (also until after the NHS miscarriage appointment) - that's your choice
- Continue weekly acupuncture
- 150 minutes of moderate exercise per week
- High-intensity but enjoyable exercise (start gently) - [Heather Robertson on YouTube](#) (Tabata)
  - 15-minute x 4 sessions per week - low impact - is an option
- When you conceive - have your [thyroid panel](#) tested immediately

## ZOE TEST RECOMMENDATIONS

### Ask your Doctor for a referral for General tests:

- Day 2-3 FSH, LH, estradiol, SHBG, testosterone & free testosterone, DHEAs
- CD 2-3 Prolactin - in AM, fasting, avoid stress/excitement and sexual activity before the test
- Folate/Active B12
- Fasting blood lipids/cholesterol
- Liver function test
- Kidney function test (U&E, EUC or UEC)
- Serum zinc, copper, iodine + selenium
- Fasting (5-10 hours) Iron studies including ferritin (iron, saturation, TIBC/transferrin, ferritin) -
  - In 24 hours prior avoid strenuous exercise, alcohol + iron supplements
  - Avoid high-iron foods for 4 days before the test

### The miscarriage clinic will test these:

- Cardiolipin
- Clotting screen
- Factor V Leiden genotype
- Lupus anticoagulant screen
- Thyroid Function
- Vitamin D level
- Anti-Mullerian hormone level (AMH)
- Thromboelastogram (TEG)

### Hopefully the miscarriage clinic will test for:

- *Let's see what Cardiolipin's the miscarriage clinic tests: Antiphospholipid antibodies (Cardiolipin IgM, Cardiolipin IgG, Beta-2 Glycoprotein 1 IgM, Beta-2 Glycoprotein 1 IgG, Anti-Prothrombin IgM, Anti-Prothrombin IgG)*
- *Let's see what the Clotting Screen includes:*
  - *Protein S/Protein C deficiency*
  - *Factor V Leiden gene R506Q*
  - *Prothrombin gene G20210A*

### More complex tests that the miscarriage clinic isn't testing for (wait to see what results from the miscarriage clinic show):

- Parental compatibility
  - Fetal HLA-C and Maternal KIR Interaction
  - HLA Mismatches ie. DQ Alpha/Beta + HLA antibodies
- CA 125 (a basic test for endometriosis) - do not do during menstruation as results will be increased
- Fragile X + other carrier screening (both partners)
- Karyotype (both partners)
- MTHFR gene mutation
- ANA - Antinuclear antibodies
- C-Reactive Protein (CRP) + Erythrocyte Sedimentation Rate (ESR)
- Homocysteine

## PATRICK

Herbal Prescription/Supplements	Breakfast	Lunch	Dinner	Bed/Notes
<b>Nasoclear (30mL) - use 2 hourly</b> Nasal spray to clear congestion	2 sprays in each nostril	2 sprays in each nostril	2 sprays in each nostril	2 sprays in each nostril
<b>Preconception multi for Men (60)</b> Preconception vitamins and minerals	2			
<b>Bioactive Lipids (120/240) OR OmegAvail Hi-Po (60)</b> Sperm + cognitive health	2			
<b>Ubiquinol 300 (60)</b> Mitochondrial energy for sperm health	1			
<b>Oxyguard (60)</b> Antioxidants for sperm health to repair smoking damage	1		1	
<b>TriGandha (60) OR Ashwagandha (120)</b> Improves sperm parameters, concentration + reduces stress	2			
<b>LV-GB Complex (120)</b> Improve liver health	2		2	
<b>N-Acetyl-cysteine (60 or 150g) or N-A-C 900 (60)</b> Improve sperm motility	1 scoop or 1 cap		1 scoop or 1 cap	
<u><b>Slow release Melatonin</b></u> - see this link Improve sleep onset and maintenance				1 at 9 PM
<b>Prescription Medication</b>				
Cetirizine Hydrochloride for allergies				

Always take supplements with meals (never on an empty stomach unless instructed)

Supplements must be taken at least 2 hours away from any pharmaceutical medication

## PATRICK SUMMARY + TREATMENT AIMS

- BMI 30.79
- **Improve sperm health**
  - **Low concentration and suboptimal count**
  - **Suboptimal motility**
  - **Low morphology**
  - **Increased round cells - 3 (<1)**
  - **Suspected DNA fragmentation issues**
- Smoking from ages 20-25 and 30-39
- **Weight around belly**
- Pain 1/10
- Mood 7/10
  - Stress, anxiety
- Difficulty in concentrating
- Sleep 7/10
  - bedtime 12-1:00 AM
  - 6-7 hours of sleep
  - takes 1hr to fall asleep
  - disturbs sleep - dry mouth
  - Trouble falling asleep, tired upon waking
- Energy 6/10
- Digestive symptoms
  - flatulence/gas
  - heartburn/reflux
- Seasonal or Chronic allergies
  - pollen, cat and dust

- Chronic runny nose or stuffy nose
- Poor diet, no formal exercise, 10-20 units of alcohol per week, previous smoker until

- 6 months ago, overweight, late to bed, sleep deficit.
- Liver support

### PATRICK RECOMMENDATIONS

- **Reduce alcohol consumption to a couple of drinks per week**
- Keep mobile phone out of pocket and a metre away when possible
- 150 minutes of moderate exercise per week
- High-intensity but enjoyable exercise (start gently) - [Heather Robertson on YouTube](#) (Tabata)
  - 15-minute x 4 sessions per week - low impact - is an option

### PATRICK TEST RECOMMENDATIONS

Please ask your doctor for a referral to an IVF clinic for your semen analysis and DNA fragmentation tests. IVF clinics offer superior Andrology labs and equipment compared to standard labs, ensuring accurate results.

### General Fertility/hormonal tests:

- **Semen analysis + DNA fragmentation (at an IVF clinic - get a referral from the GP) with WBC's/leucocytes** - 2-4 days abstinence - make sure you're hydrated
- **Total and Free Testosterone, SHBG, FSH, LH, estradiol, prolactin**
- **Homocysteine**
- **Complete blood count (CBC or FBE)**
- **TSH**
- **Liver function test**
- **Electrolytes and kidney function test (U&E, EUC or UEC)**
- **Vitamin D**
- **Fasting blood glucose/Insulin**
- **Fasting blood lipids/cholesterol**
- **Folate and B12 or Active B12**
- **Serum zinc, copper, iodine + selenium**
- **Iron studies**
  - In 24 hours prior avoid strenuous exercise, alcohol + iron supplements
  - Avoid high-iron foods for 4 days before the test

### Examination (GP or Urologist can do):

- **Testicular examination or ultrasound for Varicocele**

### Miscarriage clinic to refer you for:

- **Fragile X + other carrier screening**
- **Karyotype**
- **HLA Mismatches ie. DQ Alpha/Beta + HLA antibodies**

### Pathology instructions:

- **take the letter from me to your GP (if you'd like me to write you one)** to obtain a general referral.
- **STOP all supplements for 3 days** prior to having your blood test completed.
- **ensure overnight fasting 10-14 hours** (drink plenty of water, no food or exercise in this time).
- **Obtain** test results from your GP and upload to your portal.

## DIETARY + LIFESTYLE CONSIDERATIONS FOR BOTH OF YOU

### General recommendations

- Eat a Mediterranean-type diet that is high in protein, whole foods, fruit, vegetables, nuts, seeds and healthy oils such as olive oil, avocado and nut butter
- Change to a high-quality sourdough bread, ideally wholegrain, spelt or rye flour if you're not gluten intolerant
- Pill boxes help with compliance for taking supplements
- [vital.ly](#) sells a wide range of [natural personal care](#) products
- Try [self-compassion-guided meditations](#) to support you emotionally
- [Be Fertile](#) has meditations for TTC, IVF, for men, pregnancy, breastfeeding and sleep (Australian accent)
- [Circle and Bloom](#) has many different meditations for TTC (US accent)
- [Paprika app to plan meals](#) can be very useful for healthy eating
- WIFI - turn off at night - use a timer
- Keep mobile phone away from the bed when sleeping, unless it's on airplane mode
- Try to avoid using a microwave
- High-intensity but enjoyable [exercise](#) (start off gently)
- It is normal for your urine to go yellow from taking supplements - it's just the B vitamins being eliminated from the body

## ORDERING SUPPLEMENTS

Your supplements have been prescribed for you in your account on: [Amrita Nutrition](#) (UK) in **black** and also [vital.ly](#) (Australia) in **pink**. Supplements are cheaper on [vital.ly](#) however you will have to pay postage and potentially customs, so you have the option. Supplements in **grey** are available on both platforms.

## OUR PLAN

- To find out the underlying cause of your miscarriages
- Please order and take the supplements recommended
- You may book your return consultation on this link: [Book here](#)

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**Additional information relevant to optimising your treatment outcomes:**

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If you need to contact me, please email [kathryn@fertilityandbeyond.co](mailto:kathryn@fertilityandbeyond.co)

- I apologise for any delay in replies to emails. I prioritise face-to-face patient time and endeavour to reply to emails within one week.
- in the interests of the best treatment outcomes for you, emails are reserved for brief questions from your consult or to address pre-arranged follow-ups.
- please note changes to your prescription and consideration of new information relevant to your circumstances will require an appointment and generally cannot be reviewed via email.
- if you are trying to conceive and achieve a positive pregnancy test, please let me know and book a call to discuss this prescription. This is only for the duration of time until your recommended review consult, as individual requirements change and reassessment of your needs may be required. I do not recommend self-prescribing for your safety and to maintain prescription efficacy.
- Please note you should not take these supplements in conjunction with other OTC supplements due to the risk of overdosing on certain nutrients. You can safely take the supplements with other superfoods. If you are taking prescription medications, please check with your Doctor for interactions.
- The supplements, medicines and recommendations listed here are a suggestion only, and the client decides whether to take them. Kathryn Moloney takes no responsibility for damages caused by taking anything recommended.