

Fertility support & Preconception care



At Papaya Clinic we are committed to providing comprehensive and integrative healthcare as you prepare for your fertility journey.

The Fertility Program is a well rounded and holistic approach designed to address all aspects of health and fertility.

Collaborative Approach

Naturopathy

Chinese Medicine

Pelvic Health Physio

Psychology

Holistic Approach

**It's a different experience.
You deserve the best care.**

We see you. We hear you.



Book Here

Fertility & Preconception Care

Collaborative Care

<p>Getting your body ready for conception (3 months+)</p>	<p>OPTIMISING FERTILITY</p> <p>Blood Tests and Validated Outcome Measures</p> <ul style="list-style-type: none"> • Monitor nutrient, hormone and inflammatory markers • Health and wellbeing tracking <p>Menstrual Cycle Education: Naturopathy Goal: Getting to know your menstrual cycle Recommend: As needed</p> <ul style="list-style-type: none"> • Cycle monitoring using BBT and cervical mucus signs • Knowing your “window of fertility” • Optimising nutrients & lifestyle factors • Eliminating environmental toxins that may be affecting both partners <p>Menstrual Cycle Regulation: Naturopathy or Acupuncture Goal: Making sure you are ovulating and menstruating Recommended: Regular appointments for 3 months.</p> <ul style="list-style-type: none"> • Address disordered menstrual cycles to achieve regular ovulation and menstruation (cycle of about 28 days) • Pain-free cycle • Reducing PMDD/PMS symptoms <p>Pelvic Floor Assessment: Pelvic Health Physiotherapy Goal: Ensure your pelvic floor is functional and without pain symptoms Recommended: As needed</p> <ul style="list-style-type: none"> • Pelvic floor assessment • Address sexual dysfunctions • Address painful sex and overall hip and pelvic tension <p>We work with diagnoses like PCOS, endometriosis or a lack of one. We refer to partner clinics for optimising sperm health.</p>
<p>Trying to conceive naturally</p>	<p>OPTIMISE OVULATION AND CONCEPTION</p> <p>Similar to preconception care, with the emphasis on timing of intercourse, and stress relief at the time of ovulation. Addressing anxiety symptoms (if applicable) in the second half of the menstrual cycle.</p>
<p>IVF & ART Support</p>	<p>PARTNERING WITH YOUR MEDICAL TEAM</p> <p>Acupuncture and/or Naturopathy</p> <ul style="list-style-type: none"> • Overall physical and emotional wellbeing • Increased circulation to the uterus and the ovaries to optimise endometrial lining thickness and ‘egg quality’ • Minimise stress at the time of implantation

Chat with us on (02) 90305086.