MOLECULAR
DIAGNOSTICS AND THERAPY
...where technology meets patient care

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Understanding
USG Follicular Studies



What are USG Follicular Studies?

Follicular studies are a series of pelvic ultrasound tests that monitor the growth and development of the ovarian follicles in the menstrual cycle. The study helps measure follicular growth, endometrial changes, and ovulation timing. It is often used during fertility testing and for monitoring ovulation, especially when physicians monitor how well the body is reacting to fertility treatments.

Why is it Performed?

USG measurements of the follicles might be done to track follicular growth and detect the presence of a dominant follicle. In certain situations, it may be used to indicate when and whether ovulation is likely to happen, to check how the endometrium will respond to the menstrual cycle and to monitor how the ovaries will react to use of ovulation induction medicines.

Preparation

- A comfortably full urinary bladder may be required if a transabdominal ultrasound is planned.
- For a transvaginal ultrasound, bladder emptying is generally preferred.
- Wear comfortable clothing that allows easy access to the pelvic region.
- Bring previous ultrasound reports or fertility-related medical records.

Procedure

The exam can be conducted either by transvaginal ultrasound (an ultrasound that uses a wand that is inserted in the vagina to provide a clear image of the uterus, cervix, and ovary) or transabdominal ultrasound if this is allowed. The sonologist checks the size and development of the follicles and the size of the ovaries during the examination. Usually, follicular monitoring consists of several scans throughout the menstrual cycle. The growth pattern of the follicles and their size is monitored during successive examinations to determine the development of follicles and an estimation of when ovulation is likely to occur.

Important Instructions

- Follow the scan schedule provided by your doctor or sonologist.
- Follow bladder-filling instructions when a transabdominal examination is planned.
- Empty the bladder when instructed before a transvaginal examination.
- Inform the medical team about any fertility medicines or hormonal treatment you are taking.
- Bring previous follicular study reports when available.

Safety Precautions

Ultrasound does not include ionising radiation. When performed by trained personnel, employing the correct ultrasound technique, follicular monitoring is considered safe. Transvaginal ultrasound is one in which the ultrasound probe is inserted carefully into the vagina and is usually quite comfortable. If pain or discomfort is experienced during the exam, tell the sonologist.

When to Seek Medical Attention?

If the pain is severe, the vagina is leaking larger amounts of blood, dizziness, dyspnea, abnormally heavy bodily swelling, or increasing symptoms, especially during fertility therapy, get immediate medical help. At Molecular Diagnostics and Therapy USG, Follicular Studies are carried out using appropriate pelvic ultrasound, under trained medical supervision, with attention to the assessment of follicular development, changes in the endometrium, patient safety, privacy, and comfort.