

A Guide to IVF Treatment

Public Information 1800 111 IVF | www.ivf.com.au



CLINICS

Sydney City	Level 1, 33 York St Sydney	8346 6800
Sydney East	Level 1, 225 Maroubra Rd Maroubra	8372 3200
Sydney South	Suite 15, Level 3, St George Private Hospital South St Kogarah	8567 6955
Northshore	Level 2, 176 Pacific Hwy Greenwich	9425 1600
Sydney West	Level 2, 20-22 Mons Rd Westmead	8844 1550
Central Coast	207 North Albany St Gosford	4349 2000
Newcastle HunterIVF	Suite 4 The Heights Private Medical Centre 2 Lookout Rd, New Lambton Heights	4957 8515

CONSULTATION & MONITORING SITES

Bondi	16th Floor Suite 1601 Westfield Tower 2 101 Grafton St Bondi Junction	8305 9800
Castle Hill	Suite 4, 15-17 Terminus St Castle Hill	9894 4419
Liverpool	Ground Fl, 16-18 Bigge St Liverpool	8844 1575
Miranda	Suite 4, 20-24 Gibbs St Miranda	8567 6980

Additional Consulting Rooms

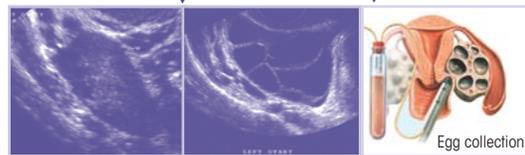
Bella Vista | Chatswood | Dee Why | Haymarket | Newtown
Randwick | St Leonards | Wahroonga



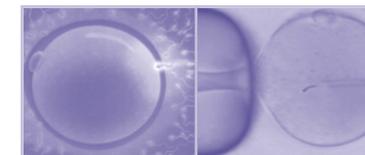
Ovulation induction Frozen Embryo Transfer
Sometimes, the best approach is to take a low dose of injectable fertility drug [FSH] to trigger release of a single egg & then time the transfer of the frozen embryo after that



Free counselling during & post cycle



Unstimulated ovary on ultrasound Stimulated ovary on ultrasound



IVF In Vitro Fertilisation ICSI Intracytoplasmic Sperm Injection

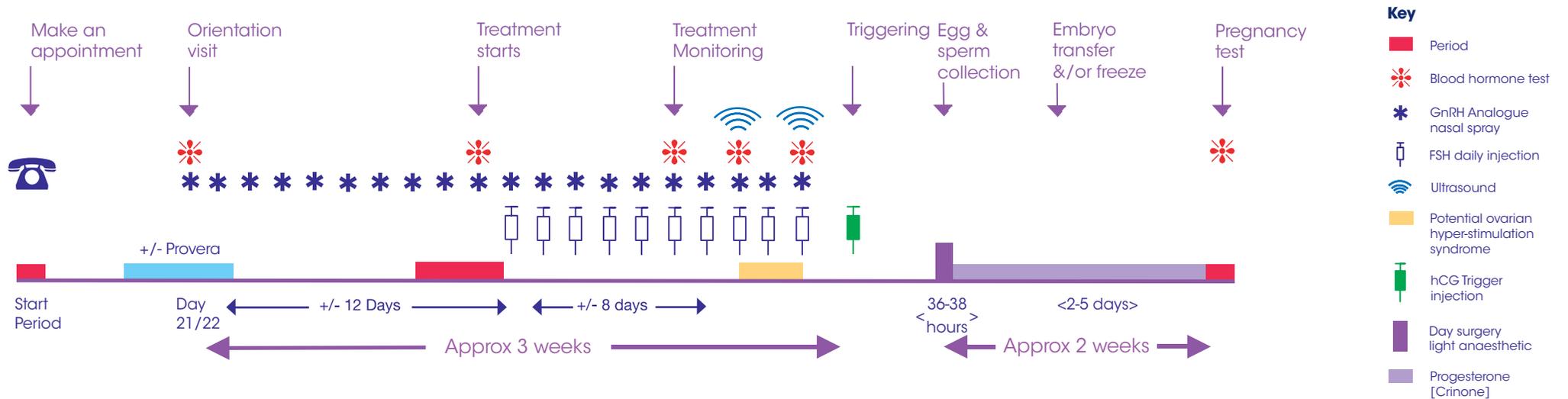


Fertilisation Day 2 - Good Embryo Day 3 - Good Embryo Day 4 - Morula Day 5 - Embryo Blastocyst



Day 2 - Bad Embryo

A SUMMARY OF TREATMENT



IVF Treatment is tailored to your specific needs by your fertility specialist. We have summarised the most common treatment cycle here to give you an indication of the steps involved. Please use this summary as a guide only.

1 Make appointment

Within a few days of the start of your period phone the clinic nurses, to arrange an Orientation Visit with them in about 3 weeks time. Some women, commonly those with irregular periods, will be asked to start taking Provera tablets (from day 19) once a day for 5 days.

2 Orientation visit

Day 22 (or a day or two either side) attend the clinic for an Orientation Visit with the nurses and a blood test. The nurses will explain the treatment cycle to you, the medications you need to take and the times you will be required to visit the clinic for blood and ultrasound tests. You will collect your GnRH analogue medication (Synarel nasal spray or Lucrin injection), and pay the First Day

Fee. From this day you will start the pre-IVF treatment (GnRH analogue) to control (lower) your natural hormones, before the fertility medication starts. You'll continue this (GnRH analogue) until triggering.

3 Stimulation phase of treatment starts

About 12 days later, re-visit the clinic for another blood test to make sure your own hormones are low (we call this "down regulated"). Your period may or may not have arrived – it does not matter. The nurses will phone you with the results and will tell you when to begin the daily hormone Follicle Stimulating Hormone (FSH) injections (Gonal-F or Puregon). You must keep taking the GnRH analogue (Synarel or Lucrin) throughout this time.

4 Treatment monitoring

From 6-8 days after you begin the FSH injections you will have another blood test and ultrasound of your ovaries. We will continue closely monitoring you with blood tests and ultrasounds until you have an optimum number and size of developed follicles and we can schedule egg collection.

If you have your FSH injections at home please do

not have one on the morning of these blood tests and/or ultrasound (but do have your Synarel or Lucrin).

If your hormones go too high we sometimes coast, i.e. reduce or withhold stimulation until they return to normal. There is a 3 – 4 day window when your eggs reach maturity allowing us adequate time to collect them.

5 Triggering

Once we know you are ready, we will advise you when to have your hCG trigger injection and we will schedule the egg collection usually 36 hours later.

6 Egg collection

Egg collection is undertaken in a Day Surgery/Hospital under a light general anaesthetic, under sedation or under local anaesthetic. Your specialist will guide you to make the decision appropriate for you. You will be at the hospital for about 4 hours and need someone to drive you home afterwards (don't plan to work that day).

After egg collection your progesterone level will be

supplemented by inserting one application of Crinone vaginal gel every night until your pregnancy test 2 weeks later. Before going home we will give you an instruction leaflet. We can provide medical certificates (which do not mention the type of treatment you are having or have any clinic addresses).

7 Sperm collection

On the morning of your egg collection your partner will need to provide a fresh semen (sperm) sample so we can immediately fertilise your eggs after collection.

8 Embryo transfer /freeze

Following fertilisation your embryos will develop for 2-5 days. We transfer the embryos back into the uterus in a simple procedure. Any extra suitable, healthy looking embryos are usually frozen at this time if that is your wish.

9 Pregnancy test

About 2 weeks after egg collection visit a Clinic for a pregnancy blood test whether or not you have had a period.