

## THE WONDERFUL WORLD OF IVF-

### What is IVF?

#### A. In-Vitro Fertilization & Embryo Transfer

IVF is a process by which one or more eggs (oocytes) are removed from the ovaries by a non-surgical needle aspiration through the vagina and then fertilized outside the body. If the male partner has a very low sperm count, then fertilization is achieved by injecting a single sperm into each egg in a process called Intra-Cytoplasmic Sperm Injection (ICSI). If the sperm count is normal, then the usual procedure is to place a droplet of washed sperm (50,000-100,000) onto each egg. Successfully fertilized eggs are called embryos. A select number of embryos are placed into the uterus for implantation and establishment of pregnancy. This process bypasses the fallopian tubes. It is ideal to have at least 4 mature eggs to start this process. The ovaries are stimulated to make more than the usual single mature egg. This is accomplished through the use of daily injectable fertility medications. This requires close monitoring of the follicle growth and hormone levels through blood tests and pelvic ultrasounds.

##### The IVF cycle steps:

1. Ovarian Stimulation
2. Retrieval of eggs while the patient is sedated
3. Fertilization of eggs
4. Transfer of a select number of embryos into the uterus
5. Option of freezing any extra embryos that are of good quality (\$750 dollars to freeze with 3 months included in that price- \$50 each additional month billed quarterly)

### Screening Tests and “Checklist Items” – THIS MUST BE DONE TO PROCEED WITH IVF

#### 1. Semen Analysis

We require that a semen analysis must be completed within a year of the IVF cycle. This will assist the IVF team to decide if assisted fertilization (ICSI) is necessary.

Please remember that 2 to 5 days of abstinence is recommended.

If you feel you may have difficulty collecting on the day of retrieval, or are going to be out-of-town, it is possible for us to cryopreserve your sperm and use as a back-up. Please tell us in advance, if this is something you wish to participate in.

#### 2. Mock Transfer/Cervical Cultures/Pap Smear

**Mock Transfer:** This is a “trial run” for the embryo transfer. You must have full bladder. This test is to visualize the curvature and depth of your uterus so that when the embryo transfer takes place, we know to place the embryos to the correct depth. Drink 20-30oz of **water** by an hour prior to scheduled appointment. **NO CAFFEINE OR CARBONATED BEVERAGES!**

**THE COST OF THIS PROCEDURE IS \$ 50 DOLLARS**

**Cervical Cultures:** Every 6 months it is necessary for us to obtain cultures to evaluate for Gonorrhea and Chlamydia. These cultures are obtained in a similar fashion to the Pap smear. Should there be an infection present, it must be treated prior to your embryo transfer.

**Pap Smear:** Every 3 years it is necessary to obtain a Pap smear, unless you have a history of abnormal pap smears or are over the age of 40 which we would need them updated yearly. If you have had this performed within the last 365 days, please let us know and bring a copy of the report, as your insurance will not cover more than one pap per year (unless medically necessary).

#### 3. Injection Teaching Class-

At your appointment where we perform the Hysteroscopy and Mock transfer – we will also show you how to use your IVF medications. In the event that you are coming off of an injectable cycle and you already know how to use these medications that this isn't necessary. **The cost of this class is \$50 dollars**

#### **4. Hysteroscopy**

This test is performed at the same visit as the mock transfer and is used to evaluate the inside of your uterus. Anatomical abnormalities such as polyps, fibroids, scar tissue and other uterine abnormalities can impede fertility treatment and pregnancy. If any of these are discovered, they will be managed to optimize your treatment cycle.

#### **5. Baseline Ovarian Reserve Testing (Day 3 ultrasound and blood work)**

This ultrasound is to identify that you have the minimum eggs required to initiate the IVF cycle. We are also looking for cysts, uterine abnormalities, and the lining of your uterus. We are also evaluating your estradiol, luteinizing hormone, progesterone and follicle-stimulating hormone. If any of these values are outside the normal range, we may need to post-pone your IVF cycle. You will receive a call from our office by 3:30pm that same day, with your instructions.

#### **6. Infectious Disease Screening**

In order to maintain compliance with the FDA, we are required to evaluate both you and your partner for infectious disease. Blood testing for HIV, Syphilis, Hepatitis B&C. Additionally, Rubella (German Measles), Varicella (chicken pox) testing will be done, since exposure during pregnancy can cause birth defects. If you are not immune to Rubella or Varicella, you will be given the option to proceed with IVF or to post-pone for 1-3 months so that you can be vaccinated. Testing for HIV is required so that proper counseling can be initiated prior to pregnancy, since the risk of transmission to the fetus/newborn is lowered with the use of anti-retroviral medications during pregnancy.

#### **7. Medications**

You should be taking a Prenatal Vitamin with 800mcg (8mg) of Folic Acid. Please let us know if you need any samples or if you have difficulty tolerating the vitamin. Also, if you are on Aspirin or any blood thinners, please let our staff know. Refrain from taking Ibuprofen at this time. If you have a cold, you may take Claritin, Benadryl or Sudafed. If antibiotics are prescribed by your physician, it is safe to take them.

#### **8. Financial Obligations/Out of pocket costs**

Please call our financial manager for any costs that may be accrued during your cycle. Her name is Carla Scott 856-988-0072 ext 27.

#### **Frequently Asked Questions:**

##### **1. Frequency of Appointments:**

As previously stated, you will be required to come to the office for frequent ultrasounds and blood work throughout the IVF stimulation. It is very difficult to predict when the retrieval and/or embryo transfer will occur. The average IVF stimulation (taking medication) is 8-10 days, however can go as long as 12 days; it will depend on your body's response to the medications

##### **2. Vacations/Travel During IVF Stimulation:**

Once you begin your stimulation medications, it is advised that you limit your travel during the cycle. If you foresee the need to travel, please discuss this with your care providers before the start of your stimulation.

##### **3. Prior to the Egg Retrieval:**

Two days prior to your egg retrieval you will be in our office for ultrasound and blood. This is to determine if your body is ready to receive the "trigger shot," (HcG) to induce ovulation

##### **4. Your Phone Call Prior to Egg Retrieval**

You will receive a call between 1-3pm, with specific timing and instructions regarding your retrieval. It is *very* important that you take this injection at the *exact* time we give you. It cannot be taken earlier or

later, as it is very time-sensitive. Your retrieval time is scheduled approximately 36 hours after the injection. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY BEFORE YOUR RETRIEVAL!!!!** You will need to bring in **\$400 Cash or Money order for the procedure.** We use outside Certified Registered Nurse Anesthesia's.

**Please call us with Day 1 to get everything Started!**

## **Retrieval Day**

**On the day of retrieval we will have you come to the office 30 minutes prior to your actual retrieval. You will have one of the nurses get your vital signs and then you will be taken into the back to be prepped for the procedure.**

**The anesthesia team will ask you a few questions, will start the IV and start your sedation. You will be breathing on your own and will be sedated for about 20 minutes. The medication they use is short acting so it will be adjusted accordingly so you wake up very quickly after the Doctor has finished retrieving your eggs.**

**You will be brought to the recovery section and allowed to sleep off your anesthesia.**

**During your retrieval your partner will be providing his sample in the Lab.**

**You will be discharged by the nurse and given recovery instructions. The following day the embryologist will call you and let you know how many eggs fertilized which would be considered Day 1.**

**At that time you will be given dates for your Day 3 transfer, Your Day 5 transfer and your pregnancy test.**

## **TRANSFER:**

**On the morning of your Day 3 transfer you will be called by the embryologists. They will let you know whether you will be proceeding with your day 3 transfer or if they will instead be transferring the embryos on Day 5. There is no possible way of**

**ON THE DAY OF TRANSFER YOU MUST BE ON BED REST!**

**Pregnancy Test:**

**Is scheduled 15 days after your retrieval. You will know same day results.**

**Restrictions:**

**Please do not travel**

**Please do not lift anything over 5 lbs**

**Please do not exercise heavily- light walking is fine but nothing too strenuous.**

**Please do not Vacuum or scrub your floors**

**Please take showers rather than baths.**

**Please do not have any sexual intercourse or stimulation to yourself.**

**No alcoholic beverages.**