

INSIGHTS INTO THE WORLD OF IVF

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The most significant decision in a couple's life is to take the big step forward & embark upon the journey of parenthood.

Not everyone has an easy journey to attain parenthood but with the advancement in an Assisted Reproduction Technology every couple can now fulfil their dream of completing a family. Couples planning fertility treatments usually have a lot of questions in their mind about the procedure, its success rates and steps involved in IVF treatment. So here are the answers to certain FAQs often asked to us by our patients.

WHAT IS IVF & ICSI?

IVF stands for In Vitro Fertilization where in Fusion of Male Gamete (Spermatozoa) and Female Gamete (Ovum) takes place outside the human body in a petri dish. And Fertilised Oocyte (Embryos) are then transferred inside the women's uterus for implantation. ICSI (Intracytoplasmic Sperm Injection) involves insertion of a single sperm directly into the cytoplasm of a mature egg using a special microinjection pipette (glass needle). For couples with severe male factor infertility ICSI is preferable over IVF.

WHO ARE COUPLES WHO NEED IVF/ICSI?

- Tubal Factor/Fallopian tube blockage
- Severe Endometriosis
- Anovulation & Polycystic Ovarian Syndrome (PCOS)
- Male Factor Infertility (low or absent sperm count and motility)
- Unexplained Infertility
- Age Related Infertility
- Genetic Diseases or Recurrent pregnancy losses where we offer Preimplantation Genetic Testing (PGT)

WHAT HAPPENS IN THE FIRST CONSULTATION?

- Detailed History taking &



examination of the couple

- Pelvic ultrasound of the women to check for pelvic pathologies, examination of ovaries for ovarian reserve & uterus for the endometrial lining, fibroids, polyps, adenomyosis or uterine anomalies..
- Semen analysis of the husband is checked
- Essential Blood tests of the couple are prescribed if not done earlier
- Formulation of treatment plan depending on the cause of infertility
- Prescription of medicines as per the treatment plan

IF PLANNED FOR IVF HOW MANY DAYS DOES THE TREATMENT TAKE?

- 1-2 days for initial workup and treatment plan
- 12-15 days for hormonal Injections, Egg retrieval, Fertilization of Eggs by the Sperms by IVF OR ICSI and Embryo Transfer.

WHAT ARE THE STEPS OF IVF/ICSI TREATMENT?

- From Day 2 onwards about 10-12days of hormonal

injections are given to the patient depending upon her Day 2 Scan (number of follicles in both ovaries), Anti Mullerian hormone level & BMI of wife.

- Intermittently patient is called 3-4 Times in these 10-12 days for follicular study and hormonal tests to check for Follicular Growth.
- Once the Follicles reach the optimal size, a trigger Injection is given for the final maturation of the eggs
- Egg Retrieval/Ovum Pick Up is done after 34 - 36 hours under sedation (anaesthesia) which is an absolutely painless procedure.
- On the same day Husband's semen sample is taken and sperms are injected into the Egg of the women by ICSI or mixed in a petri dish if IVF is planned.
- Once ICSI/IVF is done we keep the dishes in Incubators where the temperature and environment is optimal for the formation of embryos.
- After 3-5 days, the embryos are formed & the grading of the embryos is done. Depending upon the various factors like endometrial thickness, embryo grading, type of stimulation protocol used, dose of hormonal

injections, type of trigger injection used & number of eggs retrieved the clinician decides whether a fresh embryo transfer is done or a frozen embryo transfer is done at a later date.

- The embryo transfer is a short procedure but needs expertise and is usually done under ultrasound guidance. It is one of the most important & delicate step which is a the most important factor deciding the success rate of IVF treatment. It is a painless procedure and needs no anaesthesia or hospital admission.
- Post embryo transfer Counselling with the experts is done and the couple goes home with our best wishes.
- After 15 days the Beta HCG blood test is done to check for pregnancy.

IS THERE ANY TREATMENT AVAILABLE FOR NIL SPERM COUNT?

Yes, definitely! Trained Andrologist performs advanced sperm extraction techniques like TESA (Testicular Sperm Aspiration)/PESA (Percutaneous Sperm Aspiration)



or the highly advanced MTESE (Microdissection Testicular Extraction - using high magnification) in which sperms are extracted directly from the testes of the husband. Then these sperms are used for ICSI. In some selected cases hormonal injections and some anti oxidants are given for 2-3 months prior to planning the MTESE depending on patient's hormonal parameters and type of azoospermia.

WILL OUR BABY BE NORMAL AFTER IVF TREATMENT?

IVF technology does not cause genetic defects in babies born through this technique. Advanced maternal age, known genetic abnormalities in a couple or some inherent defect in the egg or sperm may be the cause of genetic problems in the baby, the risk of that is the same in an IVF baby or a naturally conceived baby. For such cases we offer Pre Implantation Genetic Testing of the embryos before embryo transfer is done to avoid transfer of abnormal embryos.

WHY SHOULD I CHOOSE SUNSHINE FERTILITY & IVF CENTER FOR MY TREATMENT?

- 1) Ethical Practices - We believe complete transparency and absolutely don't believe in any kind of gamete mixing.
- 2) We understand the financial constraints of couples and offer very affordable packages. We also have the facility of interest free EMI options for patients.
- 3) We have a dedicated team of IVF Consultants, Well trained Embryologists, Andrologists and Counsellors and we strictly adhere to the ICMR & ART GUIDELINES as given by the Indian Government.
- 4) We have state of the art equipments in our ART Lab & an Advanced Gynaec Endoscopic unit to perform fertility enhancing laparoscopic procedures which can smoothly take you through your fertility journey all UNDER ONE ROOF.
- 5) We Have a dedicated Team Of Radiologists, Fetal Medicine Consultants And Trained Obstetricians to take the pregnant woman through her Antenatal Period right upto the delivery of the baby.

To know more about IVF, Please feel free to write on sunshinefertility@gmail.com or contact us on 9820133826

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