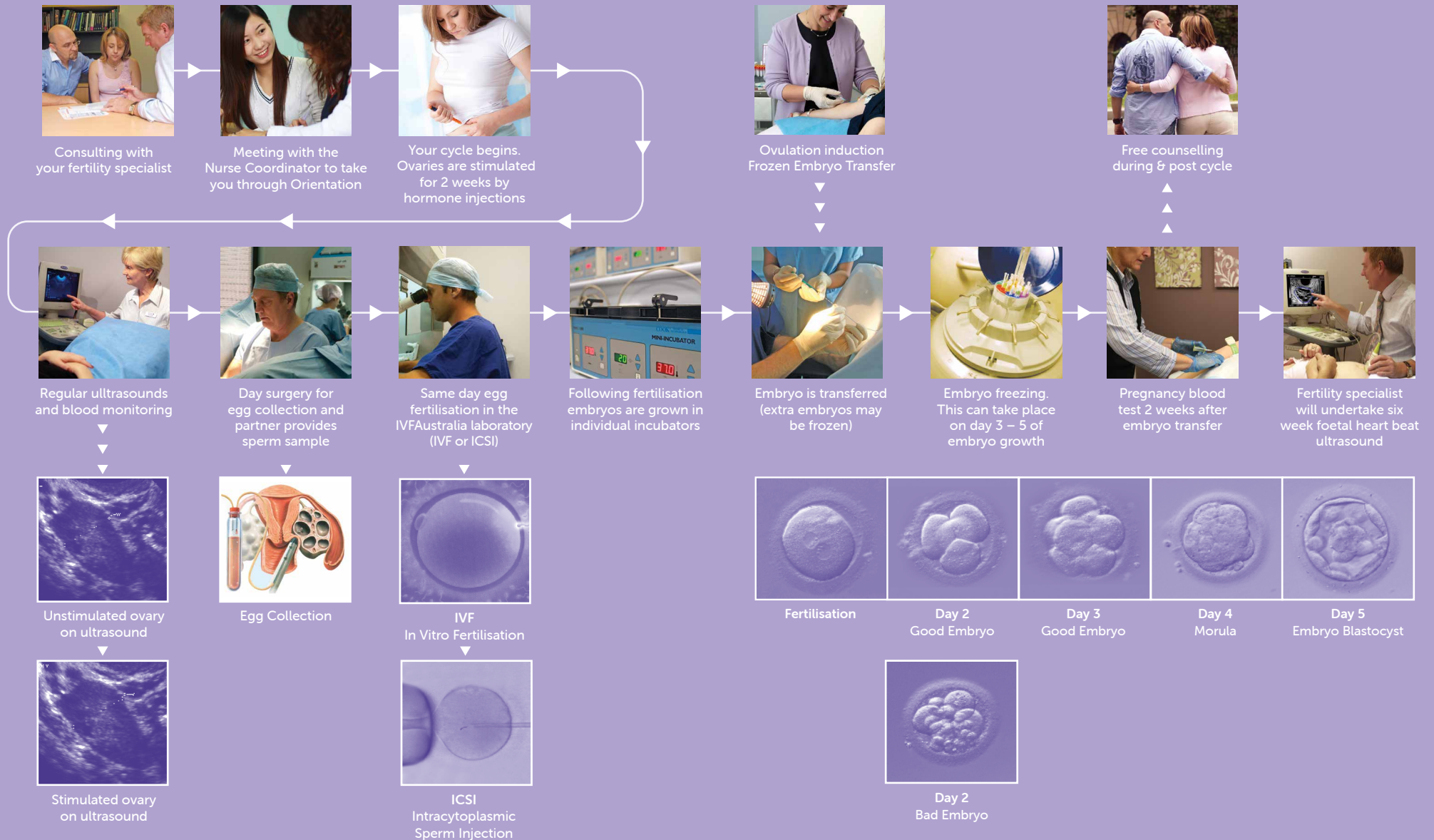
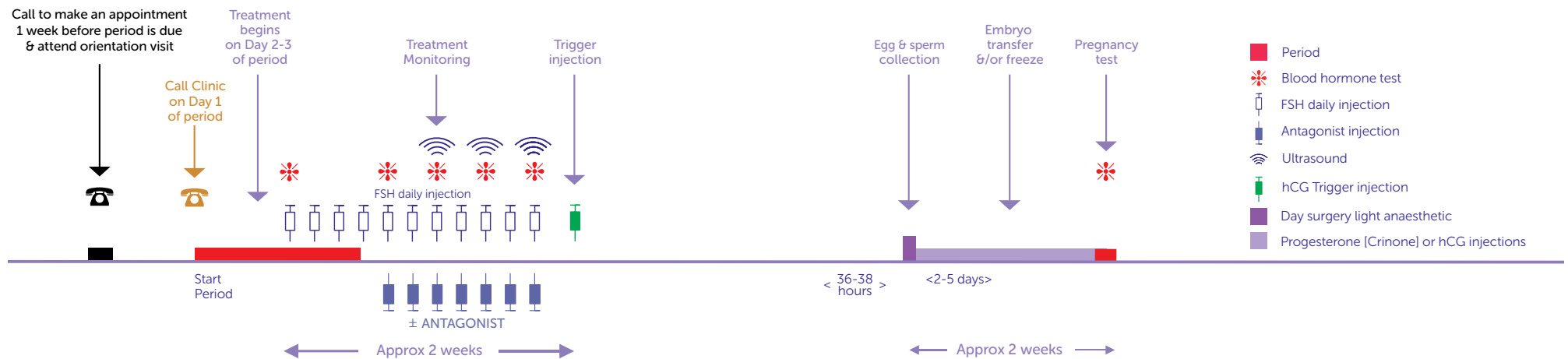


A Guide to IVF Treatment



A Summary of Treatment



IVF treatment is tailored to your specific needs by your fertility specialist. Most patients who undergo IVF will be prescribed one of two main treatment protocols known as Long Down Regulation and Antagonist treatment cycles. These are summarised to give you an indication of the steps involved. Every patient is different however and your specific treatment may vary to what is described.

1 Make an appointment

Call the clinic to make an appointment for your orientation visit for one week before your period is due. At your orientation visit, 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. Call the clinic on the first day of your period to arrange your next visit.

2 Treatment begins

On day 2 of your cycle, attend the clinic for a blood test. Providing all of your natural hormone levels are low [which they normally are at this

stage of your cycle] the nurses will tell you to begin the Follicle Stimulating Hormone [FSH] injections [Gonal-F or Puregon] that day.

3 Starting Antagonist

After four days of injections you start a second injection [the antagonist, either Cetrotide or Orgalutron] to switch off your own hormones and prevent premature release of the eggs.

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.

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 either under a light general anaesthetic, under sedation, or under local anaesthetic. Your specialist will guide you to make the decision you feel is appropriate for you.

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 provider 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.

CLINICS

Sydney City	Level 1, 33 York St Sydney	8346 6800
Alexandria	15 Bowden St	8372 3200
Sydney South	Suite15, 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	Suite 4 The Heights Private Medical Centre	
HunterIVF	2 Lookout Rd, New Lambton Heights	4957 8515

Consultation & Monitoring Sites

Bondi Jn	16th Floor Suite 1601 Westfield Tower 2 101 Grafton St	8305 9800
Castle Hill	Suite 4, 15-17 Terminus St	9894 4419
Dee Why	Level 3, 834 Pittwater Rd [cnr Sturdee Pde]	9950 6000
Miranda	Suite 4, 20-24 Gibbs St	8567 6980
Wahroonga	Suite 103 Tulloch Building, The San 185 Fox Valley Rd	9425 1780

Additional Consulting Rooms

Burwood | Chatswood | Haymarket | Wollongong