

## 12.1.1.1

# INTRODUCTION TO CONCEPT FERTILITY CENTRE

## ART (ASSISTED REPRODUCTIVE TECHNOLOGY) PROCEDURES

This leaflet is designed to help women and couples considering undergoing any Assisted Reproductive Technology (ART) procedures such as IVF, ICSI, AH or PGS at Concept Fertility Centre.

By the time patients actually get to the stage of reading this, most will already have discussed a wide variety of treatment options with their doctor and have a broad understanding of some of the aspects relating to their own fertility problem. You will probably have undergone prior investigations and treatments and now look to ART as the treatment most likely to succeed. ART can only be used to treat infertility or in the management of genetic conditions.

The aim of this information sheet is four fold. Firstly to enlighten you as to what is involved in a treatment cycle. Secondly to allow you to become more familiar with the various stages and procedures you will be involved in whilst on the program. Thirdly to introduce you to some of the team who have a major role in assisting you in achieving your goal of having a baby and finally to ensure you are aware of the legislative requirements.

Patients will usually be referred to a Concept gynaecologist (from either general practitioners or a gynaecologist) for evaluation to help decide the best course of treatment to follow. Concept gynaecologists are all fertility specialists and you will need to choose one of these specialists to manage your treatment programme. It is hard to choose whose services to use as usually they all offer excellent advice. When making a decision it is important to consider personalities. as you need to have a good rapport with your specialist; have complete trust in their decisions and feel comfortable with them. It is accepted that you can change your specialist at any time you choose but it is preferable to match your personality with that of the specialist at the start.

You may like to contact other couples who have undertaken a variety of the treatments available at Concept. There is a patient support group, Genesis, which meet at various points throughout WA; the Co-Ordinating Sister can put you in touch with a local contact person.

There is also a list of Information sheets as follows:

- 1) Introduction to Concept Fertility Centre
- 2) Fact Sheet for Relatives & Friends
- 3) Ectopic Pregnancy
- 4) Ovaries & Stimulation of Ovulation
- 5) Infertility & Drugs
- 6) Emotional Response to Infertility
- 7) Infertility & Sexuality
- 8) Breast and Ovarian Cancer
- 9) Do we Tell our Children their method of Conception
- 10) Risks & Side Effects with Drug Treatments & Surgery Associated with ART
- 11) Protocols for Couples adhering to Catholic Principles and Practices
- 12) Live Birth Rates for IVF-GIFT-ICSI-FET
- 13) Male Infertility
- 14) Ultrasound
- 15) Cancellation of Treatment
- 16) Have You Considered a Multiple Birth
- 17) A Time To Contemplate
- 18) Lifestyle Factors and Infertility
- 19) Effects of Bodyweight on Fertility
- 20) Collecting Centre Maps
- 21) Endometriosis
- 22) Prolactin
- 23) Fertility Tests
- 24) Mucus and Post Coital Test
- 25) Human Reproduction
- 26) Semen Collection and Analysis
- 27) Tubal Disease & Microsurgery
- 28) Unexplained Infertility
- 29) Laparoscopy
- 30) Hepatitis C
- 31) Retrograde Ejaculation Evaluation
- 32) Artificial Insemination (Husband)
- 33) Artificial Insemination (Donor)
- 34) Oocyte Donation
- 35) GIFT- Fact Sheet
- 36) IVF- Fact Sheet
- 37) FER \_ Frozen Embryo Replacement
- 38) Assisted Hatching (AH)
- 39) ICSI
- 40) Single Embryo Replacement
- 41) Freezing & Storage of Sperm
- 42) Blastocyst Transfer
- 43) Ovarian Tissue Cryopreservation
- 44) Health Insurance
- 45) Concept Fertility Centre - Fee.Schedule
- 46) Sperm Donor Information Sheet
- 47) Supplementary Medications

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Information provided by the Support Groups & the WA Reproductive Technology Council is also available.

You will be given those relevant to you but you can take any of the others upon request.

There is also a book list and video library which as a patient, you are welcome to use and borrow any item for a short period of time. Currently there is no charge for this service. The library forms a valuable source of reference information for couples who are interested in learning more about the procedures they are about to embark upon. For further details, please ask the Co-Ordinating Sister for the list of books and tapes available.

### Who Needs ART?

It is a staggering fact that up to one in ten couples find that at some time during their life they need assistance to become pregnant. Not all couples need to embark on ART procedures, many simply need to establish their fertile periods or have artificial insemination, or sometimes hormonal support. Initially couples may seek the advice of their own GP, who will then refer them to the infertility specialists at Concept Fertility Centre.

In a natural pregnancy the egg and the sperm meet in the fallopian tube where fertilisation takes place and the resulting embryo implants in the uterine lining. But for those women with blocked fallopian tubes or whose tubes have been damaged by infection, surgery or endometriosis, the blockage is by-passed by IVF. The IVF procedure is also used with success where the male partner's sperm count is too low for normal fertilisation to occur.

Couples who have "idiopathic" or unexplained infertility, often find help from programmes to time ovulation so that intercourse can be undertaken at the correct time.

Concept Fertility Centre provide a comprehensive range of programmes for the infertile. The following are some of Concepts services:

- \* IVF (In Vitro Fertilisation)
- \* GIFT (Gamete IntraFallopian Transfer)
- \* PROST (PROOronuclear Stage Transfer)
- \* TEST (Tubal Embryo Stage Transfer)
- \* ICSI (IntraCytoplasmic Sperm Injection)
- \* Embryo cryopreservation
- \* Oocyte donation
- \* Ovulation monitoring
- \* Hormone evaluation

- \* Semen evaluation
- \* Infertility counselling
- \* Gynaecological surgery
- \* Interuterine sperm insemination
- \* Donor sperm bank
- \* Semen storage
- \* Ultrasonic diagnosis
- \* Assisted Hatching
- \* Blastocyst Culture

During your treatment cycle you will meet a number of people who together, make up the team of professionals interested in your welfare. They are available for your support and care whilst you are undergoing the treatment.

There is someone available on 24 hours call, seven days a week for any problems you may have. Phone Concept, 08 9382 2388 or fax 08 9381 3603. After office hours a recording will give you a telephone number to contact a co-ordinating sister.

It is not always possible to contact your doctor. If you have any problem that you wish to discuss about your treatment or any questions about reactions or just for reassurance about a nagging question, do not hesitate to call Concept and discuss it with the duty Co-Ordinator. We all acknowledge that undergoing treatment and placing all your hopes on one treatment cycle can be very stressful. A phone call can minimise some of this stress and put your mind at rest.

The voice on the end of the phone is usually the receptionist, and she will transfer your call through to one of the Co-Ordinating Sisters or any other member of staff you wish to speak to. Any query regarding the accounts will be handled by the Accounts department personnel, who will listen to your query and give you the best advice they can, to help you.

### Patient Support

Being on an ART treatment program can cause several areas of concern for patients as they proceed with treatment cycles and patients should be aware of some of the possible problems so they can act promptly and seek advice.

Apart from the financial cost, there is the time cost which is often overlooked. Taking time off work for injections, tests and finally for the egg collection and then the embryo transfer, often leaves patients in a quandary as to what to tell their employer.

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Most employers, if you feel that you can tell them, will treat your situation with sympathy and understanding. But you must feel comfortable about telling them facts, which are so intimate and this is often the hard part.

Then of course, there are the emotional and physical strains placed on both you and your partner. These stresses can come from areas such as how to deal with questions from the family and from friends. You should not hesitate to seek advice from the counsellor if things get too much for you.

There are some procedures which are physically invasive such as the daily blood tests, the injections, ultrasound and of course the egg pick ups and embryo transfer, all of which takes a physical toll. You will be provided with information on the blood collection centres available. These may be more convenient for you. Some samples collected may be sent to other accredited laboratories for testing.

Infertility is a highly emotional issue and is sometimes associated with frustration, anger and guilt. Despair, anxiety and often a lack of self esteem or confidence are some of the emotions felt by couples involved in fertility treatment. To assist in coping with some of these issues and to discuss the impact the treatment will have on your life, upon commencing on a treatment cycle at Concept, you are recommended to meet our counsellor, who can be contacted at Concept. There is also a list provided by the RTC of other approved counsellors.

The initial meeting is provided free of charge by Concept and further sessions you may have during the course of treatment, and related to any further treatment cycles may also be provided free of charge.

Genesis Support Group is a self help Group provided to support new patients and allow patients to meet each other for social outings as well as at special interest talks by various professionals. Genesis can help by arranging for you to talk to someone who has "been there before".

Information on the Donor Support Group is also available.

As mentioned earlier, some treatments can be expensive. However, to give yourselves a good chance of achieving a successful outcome particularly IVF, a minimum of 3-4 treatments ought to be attempted.

Discussions with the Co-Ordinating Sister or Dr Bellinge about the financial costs can allow us to plan your treatment programme within your budget. Special payment programmes are available upon request.

#### Information

Before you undertake any ART procedure, you will be made fully aware of the options for treatment, the success rates including the chances of success with your cause of infertility, the risks and side effects including longer term outcomes, the limitations to current knowledge and details of the procedures you are likely to undertake, by your Gynaecologist.

You will be required to sign Request Forms prior to treatment so that both you and Concept are "on the same wavelength" and concur on the procedures to be undertaken. You may place any specific conditions into these Request Forms as long as they are within the Policies of Concept. You may also vary or withdraw from these Request Forms at any time prior to enacting the specified procedures.

All data concerning your procedure will be kept in strict confidence and a register will be kept in association with the Department of Health. They will use the data, without identifying any individuals, for the purpose of monitoring & evaluating the procedures including their safety in the short & long term and for ongoing studies into the long term effects of ART procedures.

There are limitations to the use of registers for research. The only research performed will involve linkage to existing Public Health data bases & follow strict guidelines set out by the "Confidentiality of Health Information Committee" (CHIC) at the Health Department. No identifying information will be published.

#### Other Influencing Factors

Dramatic changes or alterations to your normal lifestyle, are not recommended as they add unnecessary stress to what is already a very stressful time. However, any minor modifications you and your partner are able to make may enhance your chances to some degree of achieving a healthy pregnancy.

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Basically, there are a few pointers which you can follow. They are: endeavour to maintain a healthy lifestyle; maintain a sensible weight for your height and build; make modifications such as reducing your intake of alcohol to a social glass or so; reducing the number of cigarettes smoked, cut it down gradually and who knows, you may be able to give them up completely.

But generally, just be conscious of a healthy diet, and leading an active lifestyle. This will certainly add to your chances of a successful healthy pregnancy.

Ensure that you have immunity to rubella (German Measles). This is important whether you are undertaking ART procedures or attempting to become pregnant under natural conditions.

It is essential that the period of your treatment cycles remains as stress-free as possible for both partners. There is plenty of information available about yoga, meditation techniques, relaxation tapes and books from Concept for your use and our counsellor can also help you in this area.

Finally, often the treatment programmes which you may undertake will be very confusing and you will feel, in a lot of instances, out of control.

**Please make sure you ask if you have any questions - we are all here to help you in anyway we can.**