

The Shrewsbury and Telford Hospital



NHS Trust

The Shropshire and Mid Wales

Fertility Centre

IVF/ICSI Information Pack

***Please note that all your appointments will be held
at the Fertility Centre Based in
The Royal Shrewsbury Hospital***

Your Appointments

Below are listed the appointments that you must attend in order for your treatment to start. If you have any problems with any of the dates, please speak to the nurse at the 1st appointment.

Your 1st Appointment

This is given within a group session where a member of the Fertility Nursing Team will talk through a typical treatment cycle. We expect this session to last approximately one hour.

Your appointment has been booked for:-

..... at

Your 2nd and 3rd Appointment

Your consent signing session and scheduling session will be done on the same day, one after the other.

The consent signing session is for you as a couple to sign the necessary forms ready for treatment to commence. Again, this takes place with a member of the Nursing Team. And is expected to last approximately half an hour

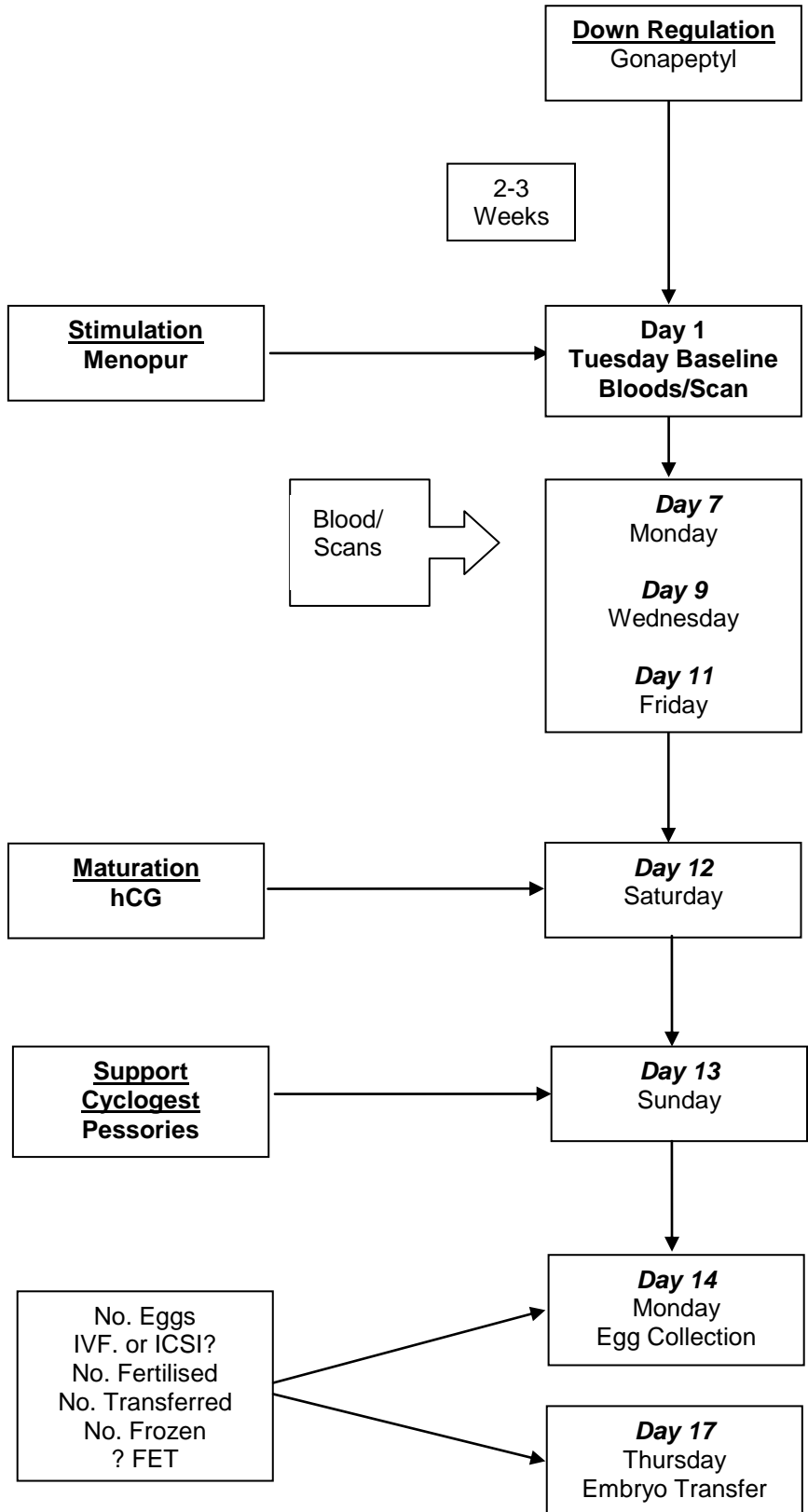
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Your Scheduling Session is where you will meet with the Doctor who will discuss and plan your treatment cycle, including when you will start taking your drugs and the date of egg collection etc.

..... at

Your Treatment Cycle

Below is a flow chart to show you when you will be expected to take the relevant Drugs.



Possible Side Effects

The list below are of the drugs that you will be taking through your treatment. Therefore we have listed the possible side effects you might experience.

Gonapeptyl

You may experience symptoms of the menopause including

- Hot flushes
- Mood swings
- Headaches
- Breast Tenderness
- Vaginal Dryness

OHSS (Over-Stimulation)

- Abdominal tenderness/pain
- Feeling bloated
- Feeling unwell

In severe cases (2 in 1000) you may experience the following

- Nausea/vomiting
- Reduced urinary output
- Breathlessness
- Hospital admission

hCG

Can exacerbate the symptoms of OHSS

High Progesterone Levels

- Tender breasts

Possible Risks

During egg collection, there is a possible risk of infection.

There is also a 1 in 1000 chance that you could experience the following –

- Perforation of the Bowel
- Perforation of the Bladder
- Perforation of Blood Vessel



Any of these could result in Abdominal surgery

Preparation for Egg Collection

At Home

In order for the egg collection to go ahead on the planned date, you must do the following –

- Fast for 12 hours before egg collection
- Have sips of water 3 hours before egg collection **only** if needed so you can take tablets
- Do not wear any perfumed products including
 - Deodorants
 - Perfume
 - Make up
 - Nail Polish
 - Hair Sprays

In the Unit

Once you arrive and are brought through for your treatment, you will go through the following –

- A nurse will check your blood pressure, pulse rate and oxygen levels
- You will need to change into a hospital gown (please bring your own dressing gown and slippers).
- A nurse will put a needle in the back of your hand in order for us to give you the relevant drugs
- The Scientist and Doctor who will be treating you will come and talk to you before the egg collection
- You will need to empty your bladder before going into Theatre.

In the Theatre

Once you have done all of the above, you are then ready for the egg collection where you can expect to experience the following –

- Your ID will be checked by the Scientist
- You will have IV (Intravenous) sedation and pain killers given to you throughout the treatment
- The pain killers will be topped up throughout the procedure if needed
- You will have a face mask on providing you with Oxygen
- Your Blood Pressure, Pulse Rate and Oxygen levels will be checked throughout the procedure by a nurse
- Your partner will produce his semen sample in the unit whilst you are having your treatment.

In the Recovery

Whilst you are asleep in recovery a nurse will monitor you. As you start to recover, one of the nursing team will provide you with Water, Tea or Coffee and Biscuits. As soon as you are feeling well enough, you will be discharged home with written instruction.

Throughout this time, your partner will be able to come and sit with you.

Once at Home

You must take things easy and should not be left on your own for at least 24 hours.

A scientist will be in touch with you depending on what treatment you have.

If you are going to have **IVF** the scientist will contact you the next morning to let you know your fertilization rate.

If you are going to have **ICSI** the scientist will contact you on the same day as your egg collection to let you know how the ICSI procedure has gone. The following day, they will contact you again to inform you of your fertilization rate.

The Process for Embryo Transfer

Once your date for Embryo transfer has been agreed, you need to come in on this date with a comfortably full bladder. An Embryologist and Doctor will see you before the procedure and the transfer technique will be carried out under ultrasound guidance. This procedure is similar to a cervical smear.

Once the procedure is finished, you are able to get up and leave the unit once you are ready. There is no need to rest as the Embryos do not fall out.

You must continue with the Cyclogest Pessaries until you know the result of your treatment.

2 Weeks After Embryo Transfer

On the date you are told by the unit, you must do a pregnancy test. Once you know the result – whether it be positive or negative, you must ring the unit and let us know the outcome.

If the result is positive, you should continue with the Cyclogest Pessaries for another month. When you ring the unit to let us know the outcome of the pregnancy test, you will need to book a pregnancy scan. This is to see how many foetal hearts are present.

If the outcome is negative, you stop all treatment. A period may have just started. If it hasn't, one will start after you stop the Cyclogest Pessaries.

If you are pregnant, you must avoid the following –

- Alcohol
- Unpasteurised Cheese and blue cheeses
- Raw egg
- Liver based foods
- Undercooked meats
- Handling cat faeces from litter trays

Frozen Embryo Transfer

If you are having a Frozen Embryo Transfer, you can expect the following –

- Take Microgynon 30 tablets or Gonapeptyl Injection in order to make a period start
- Your baseline scan and blood test will be on a Monday (during your period)
- According to your schedule, you will be asked to start your HRT tablets after your scan
- You will have a day 11 scan which will be on a Thursday
- Before the transfer, you will be asked to insert 5 doses of your Cyclogest Pessaries
- Pending the survival of the Embryos the FET (Frozen Embryo Transfer) will be booked for the following week
- The transfer procedure is the same as a fresh one.

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