

IVF/ICSI TREATMENT PATIENT PLAN

STANDARD (LONG) PROTOCOL

Please use this plan to remind you of what to expect during your treatment cycle. You can write on it if you wish.

During IVF/ICSI you will have to inject yourself daily. The injections are small (like a diabetic injection) and you will be shown how to give them. If you do not wish to self-inject, your husband/partner or a friend/relative can give the injections to you. Please make sure they attend with you so they can learn how to do this.

All IVF scans are internal. You do not need to have a full bladder.

STAGE 1: DOWN-REGULATION (nasal spray)

Day 1 of menstrual cycle (1st day of period): Write date here.....

Inform fertility sister that your period has started by email: ivfnursenikki@gmail.com

You will be told the date to start your medication (Synarel nasal spray)

Please write it down here

You will also be given a date to return for an ultrasound scanning approximately 2-3 weeks after starting the nasal spray.

Scan date and time

The medication will suppress or “switch off” your ovaries. It is taken in a nasal spray twice a day. Take 2 sniffs (one in each nostril) every 12 hours. **You will have a period a week or more after starting it.** You may experience headaches, tiredness and “hot flushes”; these are all common side effects. You can take mild painkillers to help, and drink plenty of fluids.

The scan (approximately 2-3 weeks later) confirms that you are down-regulated/suppressed. Once this is confirmed, you will move immediately on to the next stage of treatment.

STAGE 2: STIMULATION (injections)

Please note that during the stimulation stage you must continue to take the nasal spray, but you will take only half of the dose. For example, the nasal spray will be one sniff in each nostril twice a day. It does not matter which nostril you use.

You will now start the injections to produce follicles (the small fluid-filled sacs on your ovaries which contain eggs.) The name of the drug is Gonal F

Write in the date you are going to start Gonal F.....

You will have a scan approx. 7-9 days later. This monitors the growth of the follicles, and tells us when you are ready for the eggs to be collected. You will have scans every 2-3 days from now, until you are ready for egg collection. Most women need about 9-12 days of stimulation injections before they are ready for egg collection.

You will then take a final injection (a drug called Ovitrelle)

This prepares the eggs ready for collection.

You will be given a time to inject Ovitrelle. This is always in the late evening. It is important that you inject the Ovitrelle at the exact time you were given.

Ovitrelle injection (day/date and time).....

Once you have had the Ovitrelle, do not take any more nasal spray or injections.

Your egg collection is booked at LFC on (day/date and time)

.....

Please arrive 30 minutes before this

Egg collection is performed under sedation (similar to a light anaesthetic)

You must not eat for six hours prior to egg collection. You can drink water up until two hours before the egg collection.

STAGE 3: EGG COLLECTION AND EMBRYO TRANSFER

Egg collection and embryo transfer take place at London Fertility Centre.

Your husband or partner must attend with you on the day of egg collection, as he must produce a semen sample. (This does not apply if you are using stored or donor sperm, but you must bring an adult with you to take you home.) Your husband/partner must abstain from ejaculation for 3 days prior to egg collection. This is to ensure that the sample he gives on the day of egg collection contains good numbers of sperm.

The eggs are collected using needle aspiration under ultrasound guidance. The procedure takes 20-30 minutes. Once it is finished you will have a couple of hours rest and then you will be able to go home, accompanied by an adult. You should not go drive or go back to work for at least 24 hours.

The day after your egg collection a member of the LFC team will telephone you to tell you how many eggs have fertilised. You will be told when to return to LFC to have embryo transfer. This will be 2-5 days after egg collection.

You must start using Cyclogest pessaries from the day after your egg collection. This helps support your womb lining. They are inserted into the rectum twice a day.

Embryo transfer takes place at LFC. For most women, it is a quick, painless procedure which feels similar to having a smear test. The embryo or embryos are placed into a fine catheter which is gently inserted into the womb, and then the embryos are released into the womb. You will rest for a short time after transfer has taken place.

Your pregnancy test should be performed 15 days after egg collection. You can use any home test but we do not advise using digital pregnancy tests as they can give incorrect results for IVF patients.

You must inform the fertility sister of the result, even if it is negative. If you have a positive test, we will arrange for you to have an ultrasound scan 2-3 weeks later, to confirm that there are no problems and the pregnancy is progressing well.

If you are not pregnant, you must wait 3 months before commencing another IVF/ICSI treatment. You will be able to see your consultant for a follow-up consultation after a failed cycle.

If you wish to talk to somebody about how you are feeling, you can see a counsellor at LFC free of charge.

COMMON PROBLEMS/FREQUENTLY ASKED QUESTIONS (FAQ)

1. Are there any side-effects from IVF medications?
Common side-effects include: tiredness, headaches, constipation, mild swelling of the abdomen, hot flushes, irritability or feeling tearful.
2. My period started at 4pm, is this day 1?
If your period starts after 2pm, you count the following day as day 1.
3. When I give myself an injection, it stings. Is this normal?
Yes, sometimes the injection can sting a little. Also, you may get small bruises a few days after starting the injections. Do not worry, this is normal.
4. I forgot to take my injection, what do I do?
If it is Synarel or Gonal F, just take it as soon as you remember. Please tell the fertility sister on your next visit.

If you forget to take Ovitrelle, or took it more than 30 minutes late, you must telephone LFC the following morning, as the time of your egg collection might have to be changed
5. Where do I store my medications?
Synarel and Cyclogest can be stored at room temperature

Gonal F and Ovitrelle must be stored in the fridge.
6. What do I do with my used needles and syringes?
Put them in the sharps bin that the fertility nurse gave you, and return it to Spire or LFC. *Do not* put needles in the rubbish bin, even if they have not been used.
7. I had egg collection yesterday and I have some vaginal bleeding. Is this normal?
Yes, it is common to have some light bleeding for a couple of days after egg collection. Use a sanitary pad or panty liner.
8. I have some discomfort or pain. What should I do?

During IVF treatment, it is normal to have discomfort in the abdomen or lower back. This is due to the growth of the follicles and sometimes also due to constipation. You may find that your abdomen is slightly swollen also. After egg collection it is also normal to have some pain. You can take painkillers to help this. Drinking plenty of fluids and moving around can also help. If you are very constipated you can take mild laxatives.

Severe pain is not common. Please telephone for advice.

9. Can I drink alcohol during IVF?

It is fine to have small amounts of alcohol during treatment, but you must abstain from alcohol the night before egg collection, and you should not drink alcohol again until after a negative pregnancy test. If you are pregnant, do not drink alcohol.

10. Can we have intercourse during treatment?

Yes, you can continue to have intercourse during treatment until 3 days before egg collection. Please do not have sex for at least 3 days after embryo transfer.

11. Useful information: London Fertility Centre is at 53 Portland Place, London W1B 1QJ. No car parking facilities are available, but there are parking meters, and a large NCP car park nearby (about 15 minutes' walk) The nearest underground stations are Baker Street, Regents Park and Great Portland Street. To contact London Fertility Centre, please telephone 0207 317 1071 or 0207 224 0707.

12. If you have an urgent problem that *cannot be left until the following working day*, please call 07790 777 370. This number is for emergencies only. (Please do not use this number for general enquiries or routine questions as it is an out-of-hours number only.) Leave a message and you will be called back.