



## Next Steps for IVF

The following steps will help guide you through your IVF treatment at Seattle Reproductive Medicine. Please review the information as you prepare to begin your cycle. If you have any questions or concerns, please contact your primary coordinator.

### STEP 1 – DISCUSSION OF THE IVF TIMELINE WITH YOUR PRIMARY COORDINATOR

Once you have met with your physician to confirm that you plan to proceed with IVF with a fresh embryo transfer, your physician will create an individualized treatment plan.

Please contact your IVF Coordinator to review the timeline for doing an IVF cycle and your next steps. Your coordinator will give you a general description of an IVF cycle and review the screening process as well as time frame for completion. Our coordinators understand the complex and delicate nature of treatment as a means to starting a family. At this time, you will have an opportunity to discuss any questions or concerns that you may have regarding IVF.

### STEP 2 – ATTEND THE IVF SEMINAR (OPTIONAL)

The IVF seminar is offered the third Wednesday of every month at the Seattle location from 6:00-7:00pm, details and registration on the website. The IVF seminar in Spokane varies. Call 206-301-5000 (local for Seattle), 509-321-5660 (local for Spokane) or 877-777-6002 (toll free) to sign up.

### STEP 3 – COMPLETION OF REQUIRED TESTS AND UTERINE EVALUATIONS

The American Society for Reproductive Medicine (ASRM) and SRM physicians have set guidelines for screening tests including Infectious Disease screening prior to IVF treatment. It is your responsibility to make sure that all items on your checklist are completed prior to starting stimulation medications.

#### Female to schedule blood draw appointment(s):

- Follicle Stimulating Hormone, Estradiol, & Antimullerian Hormone (FSH, E2 & AMH) on cycle day 2, 3, or 4 **PRIOR** to starting birth control pills. If you are doing the Attain program please check with your coordinator if any of these blood tests need to be updated.
- IVF Labs: Blood type, Complete Blood Count (CBC), Rubella immunity (German Measles), Varicella immunity (Chickenpox), HIV, Hepatitis B & C, and RPR.
- We offer you the opportunity for genetic screening. We offer an extensive genetic screening that tests the 14 most common single-gene mutations, such as Cystic Fibrosis and Spinal Muscular Atrophy. If you would like to know costs and insurance coverage, please speak with our finance department. Results may take up to 3 weeks to return so if interested, please schedule an appointment to have this done as soon as possible. You cannot start any medication, other than birth control pills until we have results back.



#### Schedule a uterine evaluation appointment with any available provider

- Please schedule an Uterine Evaluation: Office Hysteroscopy (OH), Hysterosalpingogram (HSG) or Saline Infused Sonohysterogram (SIS), a Uterine Sounding (SND), Antral Follicle Count (AFC)



ultrasound (if not done within past 6 months), and history and physical update. The uterine evaluation allows the provider to visualize the inner uterine lining and anatomy. The sounding is a “practice embryo transfer” to measure uterine depth. This appointment needs to be scheduled when you are done bleeding but before ovulation (days 5-12) OR can be done anytime if you are on birth control pills. While always welcome, partners do not need to attend this appointment.

- We do require that your Pap smear and mammogram (if applicable) be up to date according to your primary care provider or OB/GYN (usually within the past 1-3 years depending on your past medical history). Please notify your primary nurse at SRM with the result(s).
- We recommend that you take a Prenatal Vitamin (PNV) with 800 mcg of Folic Acid and that you discontinue herbs, supplements, and megadoses of other vitamins.

**Partner to schedule:**

- Blood draw appointment for required IVF labs: HIV, Hepatitis B & C, and RPR
- Semen Analysis

#### **STEP 4 – CREATE CALENDAR**

A calendar is created to outline your individual stimulation protocol developed by your physician and includes a schedule of medications and appointments for your IVF cycle. Your calendar will be sent to you via mail or email depending on your preference.

#### **STEP 5 – INJECTION TEACHING**

- We want to provide you with the best chance for success and part of this process is injection training. In order to prepare for your upcoming treatment cycle, we would like you to review your medications as marked by your primary coordinator. We request that you view the following videos at least 2 weeks prior to your cycle start. Go to [www.freedomfertility.com](http://www.freedomfertility.com) and click on Freedom MedTEACH to view the simple to follow video instructions for help with administering injectable fertility medications
- You will also need to attend an injection training class which provides hands on demonstration for injection technique. This is part of your checklist. Please call 206-301-5000 (local for Seattle), 509-321-5660 (local for Spokane) and 877-777-6002 (toll free) and sign up for the class which applies to your treatment (Follistim or Gonal-F class).

#### **STEP 6 – INFORMED CONSENT APPOINTMENT**

It is important that you and your partner are aware of the possible risks associated with IVF and understand the procedures involved. This visit will be with your doctor and will allow you to ask any questions you may still have about the process, review of your completed checklist, and discuss the expectations of your IVF cycle (i.e. number of embryos expected and number to transfer, ICSI, and overall prognosis of success). Your treatment consents will be signed at this time, or at least discussed. Please bring your consents to this appointment. Please note: a staff member must witness both signatures or you can have the consents notarized. You and your partner both need to be present at this appointment. You will meet one more time with the Financial Counselor after your visit with the doctor to finalize your payment plan and options.



## **STEP 7 – SUPPRESSION CHECK ULTRASOUND AND REVIEW CALENDAR**

You will have a vaginal ultrasound to measure your uterine lining and check your ovaries for any cysts just prior to the start of an IVF cycle. This is when payment for the IVF cycle is collected. An IVF Coordinator will then review your individual calendar and confirm your Day 1 with additional instructions for medications, appointments and egg retrieval. As your IVF cycle proceeds you will have several morning appointments with blood work and/or ultrasounds. You will be contacted after each of these appointments with the lab results and any further instructions.

## **STEP 8 – EGG RETRIEVAL AND SPERM COLLECTION**

Once you are ready for egg retrieval as determined by an SRM physician, you will be instructed to give yourself another medication (hCG, Ovidrel or Lupron) exactly 36 hours prior to the scheduled egg retrieval. This medication will bring the eggs to final maturity. The sonographic egg recovery (SER) involves the use of an ultrasound-guided needle to gently remove the eggs from the ovaries. Our physicians are on a rotating schedule so any of our doctors may be performing your egg retrieval. You will receive general anesthesia during the procedure by a licensed anesthesiologist. Your partner will collect his semen sample on the day of the egg retrieval (if applicable).

## **STEP 9 – FERTILIZATION AND DEVELOPMENT OF THE EMBRYOS**

In the hours after the egg retrieval, the embryologist prepares the eggs in the laboratory with the sperm. You will receive a preliminary report regarding the number of eggs retrieved by the physician prior to leaving the center that day. The following day (Day 1), you will be called to discuss the number of eggs that have fertilized.

## **STEP 10 – EMBRYO TRANSFER**

The embryo transfer will take place either 3 or 5 days after your egg retrieval. On the day of your embryo transfer, an SRM embryologist and/or SRM physician will discuss with you the final embryology report and will give their recommendation of how many embryos to transfer (usually 1-2). The embryos are then transferred with ultrasound guidance through the cervix into the uterus via a small catheter by one of the physicians.

## **STEP 11 – PREGNANCY TEST**

Fourteen days after the egg retrieval, you will return to an SRM office for a blood pregnancy test, called a quantitative hCG. If pregnant, SRM will have you repeat this blood test followed by one or more ultrasounds, before referring you to an obstetrician for ongoing care. With a positive pregnancy test, it will be necessary to continue the progesterone until 10 weeks of pregnancy in order to support early pregnancy.