

Orientation Class

In Vitro Fertilization



Weill Cornell Medical College

┌ NewYork-Presbyterian Hospital
└ Weill Cornell Medical Center

What is In Vitro Fertilization (IVF)?

A treatment in which:

- fertility medications are used to stimulate the production and maturation of multiple eggs from both ovaries
- eggs are fertilized with sperm to create embryos which are then transferred back into your uterus

BEFORE you begin IVF

Walk-in hours: M-F 8-11:30; M-Th 1-3:30 (no Fri PM hrs)

For Female Patient

- Basic Blood Panel (expires after 1 year)
 - Genetic testing also available if necessary
- Cervical Cultures (expire after 1 year)
- Day 2 or 3 Blood Test
- Uterine Evaluation
- IVF Orientation Class
- Signed Consent Forms

BEFORE you begin IVF

Walk-in hours: M-F 8-11:30; M-Th 1-3:30 (no Fri PM hrs)

For Male Partner

- Basic Blood Panel (expires after 1 year)
 - Genetic testing also available if necessary
- Semen Analysis
 - Tests for volume, count, concentration, motility and shape
- IVF Orientation Class (encouraged)
- Signed Consent Forms

Your IVF Cycle Overview

Note: Some protocols require starting medications the month before your IVF cycle

- **Day 1** - first full day of menstrual flow before midnight
- **Day 2 or 3** – baseline ultrasound and bloodwork
- **Days 3-12+** – monitoring phase requiring daily office visits for ultrasound and blood work
 - time frame dependent on your body's response to medications

Your IVF Cycle Overview

- **hCG Trigger Day** – IM (intramuscular) injection completes maturation of eggs and triggers ovulation
- **Retrieval Day** – the day when your eggs are retrieved and fertilized
- **Transfer Day** – embryos are placed back into uterus 3 or 5 days following retrieval

Your IVF Cycle Overview

- **Luteal Blood Tests** – evaluate hormone levels following retrieval
 - These results are NOT indicators of pregnancy
 - You will not receive a phone call with these results
- **Pregnancy Test** – Day 28 after retrieval
 - Weekdays only

Your IVF Cycle

(Starting)

- Contact Medical Records Day 1: (646)-962-5709
- Come to CRM on the assigned day for baseline ultrasound and blood test between 7-8:30am
- You will begin your protocol as directed by your doctor
- The male partner will begin a course of antibiotics the same day you begin taking your injections

Your IVF Cycle

(Monitoring)

- You should be prepared for daily monitoring for approximately 10-14 days
- Each day you come for monitoring, you will receive a call before 6:30pm with further instructions

Your IVF Cycle

(Injection overview)

- Injections should be administered between 7-10pm at roughly the same time each night (within one hour)
- Keep a daily medication log for yourself (in your handouts); it will help you keep track of dosages and remaining medication

Your IVF Cycle

(Injection Overview)

- Possible Side effects of the subcutaneous injections:
 - Bruising or discomfort at injection site
 - Bloating, weight gain
 - Mood swings
 - Fatigue

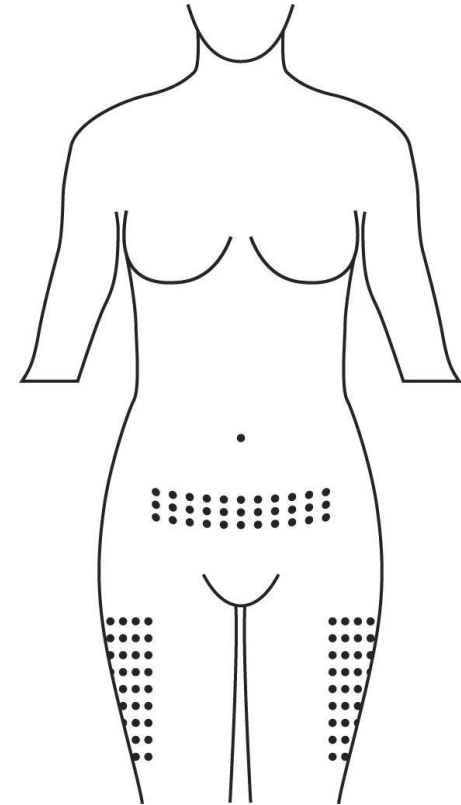
The medications you take for the first 10-14 days are subcutaneous injections, given in the fatty tissue of the stomach or the thigh

Injection Sites

Subcutaneous (SubQ)

- Lower abdomen (below belly button)
- Upper thighs

Be sure to rotate injection sites nightly



Your IVF Cycle

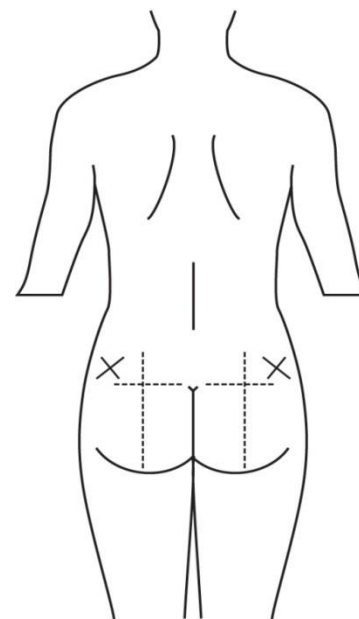
(Ovulation Trigger)

- Once your doctor determines that the stimulation portion of your cycle is complete, you will receive instructions to:
 - Take hCG (commonly dispensed as Novarel, Pregnyl, or human chorionic gonadotropin) as directed by the nursing team
 - Timing of the injection is **CRITICALLY** important
 - Stop all other medications
 - Return to the office at 6:30am the next morning for pre-op visit

Injection Sites

Intramuscular (IM)

- Locate the upper, outer-most quadrant(s) of the buttocks (see x's)
- Stretching the skin, inject at a 90 degree angle with needles prescribed



Be sure to rotate injection sites nightly

Your IVF Cycle

(Pre-Op Class)

- Required for all patients scheduled for retrieval the following day
 - Includes information for arrival time, location, and what to expect in the operating room

Retrievals are done on the M8 IVF Surgical Suite
at New York Presbyterian Hospital

Your IVF Cycle

(Egg Retrieval)

- NO EATING OR DRINKING after midnight the night before
- You will be sedated for comfort during the procedure
- Your eggs will be retrieved and passed on to the laboratory where they will be prepared for fertilization

Your IVF Cycle

(Egg Retrieval)

- You will rest for approximately an hour in the recovery room
- Hospital policy requires that you are discharged and accompanied by an adult escort
 - Rest at home for the remainder of the day
 - No heavy lifting or exercise

Sperm - Fresh or Frozen?

- **Fresh Semen Sample**
 - Produced the day of retrieval in the IVF Suite
 - If you anticipate a production problem – speak with your IVF Nurse Coordinator
- **Frozen Semen Sample**
 - Previously frozen by your partner
 - Donor sperm

Fresh Semen Sample

(Instructions for the men)

- A 2-5 day abstinence period is recommended prior to retrieval
- Specific instructions for semen production will be provided on the morning of pre-op
- A photo ID is required at the time of sample production

It is critical to arrive at your assigned time to ensure the sample is prepared to coincide with the egg retrieval

Frozen Semen Samples

(Partner and Donor Sperm)

- Require specific consents for storage and use
- If the samples are currently stored at another facility, transport arrangements **MUST** be made prior to starting a cycle.

It is critical to inform your primary nurse that you plan to use a frozen semen sample.

Your IVF Cycle

(Post-retrieval)

- Mild cramping, discomfort and spotting is not uncommon
 - Tylenol can be taken for discomfort
 - Advil, ibuprofen, or aspirin should **not** be taken
 - For extreme pain call the (646)962-2764
- The next day, a nurse will call you with the number of eggs that were retrieved and fertilized
 - Progesterone supplementation will begin
 - Continues until pregnancy test

Your IVF Cycle

(Transfer)

- 3 or 5 days after your retrieval, embryo(s) will be transferred back into your uterus
 - The number of embryos to transfer is decided by you and your doctor
- This **non-surgical procedure** is performed in the M8 IVF at NY Presbyterian Hospital
- After transfer
 - rest for 30 minutes in the recovery room
 - go home and take it easy the rest of the day

Your IVF Cycle

(Transfer)

- Embryos meeting the criteria for cryopreservation will be frozen and available for future use
 - You will be contacted by an IVF nurse *only if* there are embryos meeting this criteria
- From this point forward, you can only take Tylenol for pain (no Advil, Motrin)



Your IVF Cycle

(Post-transfer Care)

- There are 2 blood tests (luteal) done 10 and 12 days after retrieval evaluating estrogen and progesterone
- Pregnancy test is done 14 days after your retrieval (day 28)
 - Scheduled Monday - Friday

Your IVF Cycle

(Post-transfer Care)

- When a Day 28 pregnancy test is *positive*:
 - you are 4 weeks gestation
 - monitoring will continue through week 7 (with fetal heart beat) leading to OB referrals
- If your test is negative, your doctor will review the cycle and discuss next steps

Counseling at Cornell

The clinical team at Cornell recognizes that fertility treatments impact both your personal and professional life. Our staff of psychologists are available for support.

Please call (646)-962-2764 to inquire.

Additionally, we offer a free, drop-in support group on Tuesdays 9-10am; no appointment necessary.

Important Web Sites

- www.ivf.org – CRM's web page
- www.freedommedteach.com
 - injection video library
 - Email: use your own
 - Prescription Number: 09654321
 - State: NY
 - Clinic Name: Center for Reproductive Medicine & Infertility - Cornell

Remember...

The team at Cornell is committed
to helping you through the
cycle.

We want you to succeed
as much as you do.