

IN-VITRO FERTILIZATION PROGRAM TIME COMMITMENT

PLANNING YOUR IVF CYCLE:

A common question among patients is “**how much time will my IVF treatment cycle involve?**” IVF procedures demand a considerable amount of time and emotional commitment. In order to help you adjust your outside responsibilities, we are providing the following information regarding the time commitment needed to do a cycle.

In order for us to provide you with the best care available, we ask that you make yourself available during your cycle. The process of IVF takes about three weeks to allow you to get through your stimulation of your eggs, fertilization, and to embryo transfer.

TESTING REQUIRED BEFORE YOUR CYCLE.

The testing prior to your IVF cycle may involve several visits to the office depending upon how much testing has been previously completed. Appointments may take up to one hour each visit. Workup includes: blood work on day 2 or 3 of your cycle, blood work at an outside lab for both you and your partner, occasionally several office procedures to look for factors that will help make the process more successful, semen analysis, an appointment to review your IVF consent and an educational class.

DURING A CYCLE:

During the actual IVF cycle, you must be available for ultrasound monitoring and blood work approximately six mornings during the first ten days of your IVF cycle. These generally occur on cycle days 2, 5, 7, 8, 9 and 10. The appointments are between the hours of 7:30 a.m. and 11:00 a.m. M-F, 7:30 a.m. and 9:30 a.m. on Saturday. (please note that Sunday appointments may occasionally be required.

EGG RETRIEVAL:

Egg retrieval will typically occur 10-12 days after the start of fertility medications. Couples can expect to spend between 1-2 hours in the office the morning of the retrieval. This procedure is done under anesthesia administered through an I.V. (intravenous); you are breathing on your own during the entire procedure. It is often referred to as a “twilight sleep”. The procedure takes approximately 15 minutes to perform and you will be asked to remain for at least 45 minutes afterwards to recover. You will not be able to drive this day due to receiving anesthesia. We will need a sperm collection from your partner the morning of the procedure.

EMBRYO TRANSFER:

The embryo transfer will take place 3-5 days following the egg retrieval. This will involve a 15-minute stay in the IVF lab followed by a 24-hour period of bed rest. You may expect to have lab work on 2 to 3 occasions after the retrieval. These are usually five, seven, and twelve days after the transfer.

Please remember that all of these dates are approximations, but should assist you in planning your time around your IVF cycle.