

WHAT DOES IVF INVOLVE?

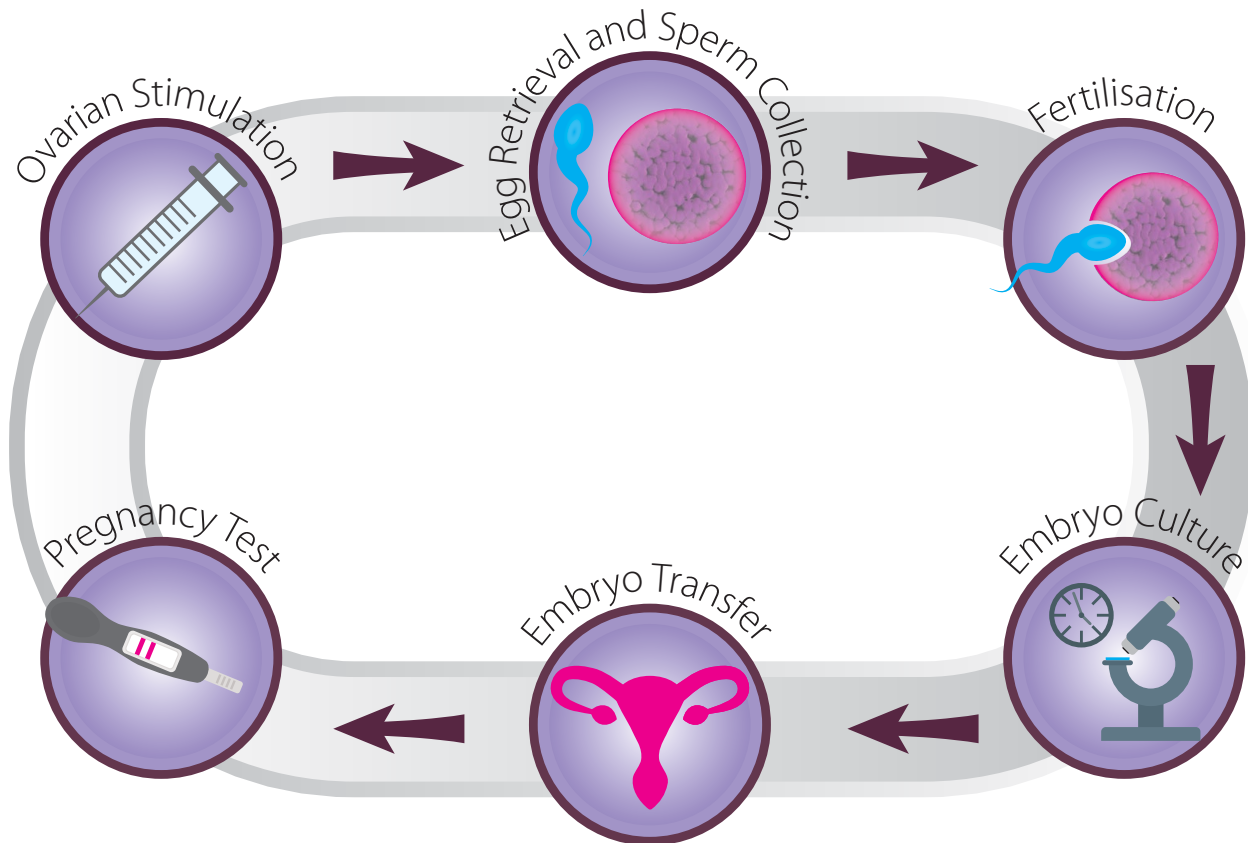


Ministry
of Defence



Defence Fertility
Network

There are many different types of IVF (in vitro fertilization); below is one of the most common protocols used and is to be seen as a starting point only.



Important points to note:

- The start date of an IVF cycle often depends on when the person's period begins, it can make planning difficult.
- Every IVF cycle is different. It is dependent on how the body responds to medications.
- Visits to the fertility clinic for internal scans and blood tests can be as often as daily or every other day, dependant on how the body is responding. Flexibility is key during this time.
- Egg collection date is difficult to determine until nearer the end of the approx. 12 days of stimulation medication. As it involves sedation or general anaesthetic at least a full day-off work will be required.
- Embryo transfer date is also difficult to plan for as it is dependant on how the embryos develop and whether the body has any side effects from egg collection (such as OHSS).
- IVF cycles may be cancelled midway through for a variety of reasons, this can cause significant emotional distress.
- Each stage of the IVF cycle comes with emotional stress. Empathy and emotional support is important.

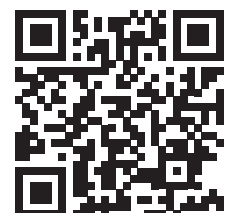
Service Leads

Royal Air Force: Sadie Pairman

Royal Navy: Rachel Smedley and Laura Dietz

Army: John O'Neill

Please reach out to any of the Service Leads should you have any questions. We are here to help and are on hand to provide guidance, advice or best practice for managing fertility in the work-place.



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