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## OUR IVF/ICSI PROGRAMME

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The Manzanera Fertility Clinic has designed a simple fertility programme that aims to be convenient for couples living outside of Spain while maximising your chances of success. We believe this is a collaborative process and we want you to know what to expect at every step. We hope the following details will clarify most of your questions on what to expect while you undergo treatment with us. If you have any further enquiries please do not hesitate to contact us, we will be happy to help.

### 1. Before your first visit

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The friendly staff at the Manzanera Fertility Clinic will be at your service from the first moment you contact us, willing to **inform and help you in anything you need from us**. We know the decision to undergo fertility treatment is important to you so we will endeavour to clarify all your questions and advise you on the best possible solution to your fertility difficulties. For this purpose, we will ask you to provide us with your medical history and previous test results that you may have so that we can review them and assist you fully during the treatment process. This information will also help us to expedite your first visit to the Clinic and avoid unnecessary additional tests.

### 2. Your first visit to the Manzanera Fertility Clinic

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During your first appointment, the doctors at the Centre will review the details of your treatment with you, show you our facilities and clarify any questions you may have.

During this visit, you can expect:

- A gynaecological examination and an embryo transfer test;
- We will provide you with the prescriptions for the medications you will need to take for your treatment;
- A blood analysis and fertility analysis may need to be done; (this is optional, you may bring a recent analysis from your home country if it was performed




within the last 6 months); and

- Your partner may provide a semen sample which is then frozen (this is optional)

The first visit usually takes a few hours. We recommend that you fly to Spain the day before the visit and depart the day after so as to manage your trip effectively. You may however, if you wish, fly into Spain and return home on the same day (flight times permitting).

For your peace of mind, this first consultation is **free of charge** (including the gynaecological examination and embryo transfer test). We want to get to know you before we initiate any fertility treatment. We also want you to feel comfortable with the service and care that you will be receiving before deciding on your treatment at the Manzanera Fertility Clinic.

We recommend that you attend the Clinic for an initial consultation prior to commencing treatment. However, if you are travelling from overseas or you are unable to travel to Spain twice, we can do this first consultation via Skype. 

### 3. The treatment: your options

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There are two options available when you undergo IVF treatment with us. You can either stay in Spain for the duration of the treatment (15-21 days, depending on your own body's response to the ovarian stimulation) or come for a first visit and then return to your own country until oocyte collection. Please find below full details for both options for your consideration.

#### a. **Staying in Spain for the duration of the treatment**

Treatment starts with a consultation with our fertility specialists to initiate hormonal stimulation. Hormonal stimulation (which consists of a series of injections) needs to start at the beginning of your menstrual cycle; you will therefore need to visit the clinic the day before your period starts. In order to manage your menstruation and facilitate this process, we can prescribe you the contraceptive pill for a number of weeks. Your fertility doctor will advise you when you need to start taking the contraceptive pill and when you will need to stop it. A few days after you stop taking the medication, you will have your period and we will start the cycle.

The hormonal injections will need to be administered for approximately 10-14 days. This will help stimulate the development of oocytes and prepares your uterus for receiving the embryos. Our doctors will be available to you throughout the entire process and they will monitor the growth of your endometrium and follicles by performing a number of ultrasounds. Once your follicles are fully developed, we will proceed to collecting the oocytes. This process is described further below, under the heading for the second visit to the clinic for those patients who are unable to stay in Spain for an extended period.

Please bear in mind that this part of the treatment can take up to three weeks so you will need to arrange your trip accordingly. The only difference between this treatment programme and the two visit programme detailed below is that here you have the option to stay in Spain for the duration of the treatment – from the first consultation to the oocyte collection and embryo transfer. Some patients prefer to do this as it is more conducive to being relaxed and enjoying some time abroad during treatment.

#### b. **Two-visit IVF programme**

If you don't have the time or would prefer to initiate a two-visit IVF program, you will need to arrange two separate visits to our clinic. The first visit is for an initial consultation and the second is for the oocyte collection and embryo transfer. During your first visit our fertility specialists will talk you through the IVF process and provide you with all the information you need. At this visit, the doctors will also prescribe you with the medications you need for your treatment. The process is simple and not too painful. You will be able to inject yourself or your partner may help you.

At the beginning of your next menstrual cycle after visiting our clinic, you will need to start your prescribed hormonal injections. The injections will help you to develop oocytes and prepare your uterus for receiving the embryos. The process needs to be monitored by your gynaecologist in your home country who will need to perform two or three ultrasounds over a two week period. This ongoing monitoring will help us to determine the best time for your second visit to our clinic, when egg collection and embryo transfer will take place. For your second visit to the Manzanera Fertility Clinic you may need a total of 10 to 12 days.

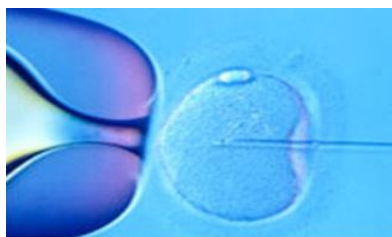
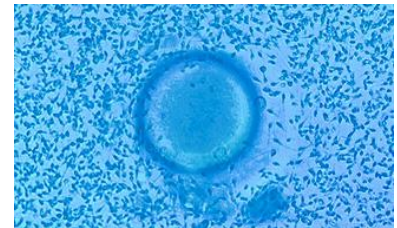
We work with multiple gynaecologists in several countries to coordinate this phase of the treatment. At your request we can provide the contact details of one of our partner gynaecologists in your home country.

#### **4. Second visit to the Manzanera Fertility Clinic: Oocyte collection and Embryo Transfer**

Once the hormonal stimulations are complete, you will need to return to the clinic for the oocyte collection. The right timing for this second visit will be determined by the ultrasounds performed while you undergo the hormonal stimulation. The oocyte collection process is painless; it is performed under anaesthetic.

After the oocytes have been collected, you can lie down and rest in one of our recovery rooms for as long as you need to before you go to your accommodation. A few hours after the egg collection, the eggs will be fertilised in our laboratory, by In Vitro Fertilization (IVF) or Intracytoplasmic Sperm Injection (ICSI), depending on your needs.

**IVF:** fertilisation is achieved by mixing the eggs with a selection of the best sperm. Fertilisation follows its natural process without manipulation. This technique may not be suitable for low-quality semen samples.



**ICSI:** fertilisation is achieved by introducing a single sperm into the egg cytoplasm. This technique enables us to obtain high rates of fertilisation with low quality semen samples, which is impossible to achieve with other fertilisation techniques, such as standard in vitro fertilization or artificial insemination.

The resulting embryos are cultured in an incubator for 2 to 3 days. Five days may be required if the embryos need to be developed to blastocyst stage. After incubation, the embryos are evaluated and the best specimens are selected and transferred to the uterus. This selection process supports our high success rates.



The embryo transfer is an easy and painless procedure which takes a few minutes. It is performed with a small catheter and there is no need for an anaesthetic. In accordance with Spanish law, we are able to transfer a maximum of 3 embryos.

After the embryo transfer, we will discuss matters further with you including your post-transfer plan (so you know what to expect when you get home) and any questions or queries that you may have. We recommend that you rest for a day or two in Spain before you travel home.

Where there are additional good quality embryos which have not been transferred, we will offer you the option to freeze them for possible future fertility treatment.

## 5. Pregnancy test and Post-treatment observation

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Two weeks after the embryo transfer you will need to perform a pregnancy test to determine whether you are pregnant. We look forward to receiving the good news and sharing this moment with you. We would like to keep in touch with you well beyond completion of your treatment. Remember that we are here to help and to assist you.

## 6. Beyond the treatment

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As detailed above you may decide to freeze any remaining embryos after this treatment is complete. This is very beneficial if you want to undergo subsequent fertility treatment in the future. We will be happy to preserve these embryos for you for as long as you wish.

The frozen embryos are your responsibility. Should you and your partner decide to discontinue preservation of your embryos, you will need to provide the clinic with written confirmation of your intentions.