If all your attempts to conceive a baby fail, don’t surrender to despair. In Vitro fertilization (IVF) is one of the most popular methods of overcoming this problem.  
This method can be used both in difficult cases of male and female infertility. Possibilities of IVF treatment and its peculiarities are developed in each individual case. Experienced and highly qualified specialists of our clinic understand the significance of the beginning of new life. That’s why we always do our best to help you.

### **Preparation Stage**

This period lets us know if the IVF treatment is possible and how it should be performed. This stage may take 2 to 3 months, during which you and your partner will undergo diagnostic examination.

The goal of this stage is to identify not only the abilities of your body but also the signs of diseases and pathologies that will later be cured. If needed, we invite specialists from different areas of medicine.

Nevertheless, you shouldn’t rely only on doctors in this situation – the future is also in your hands. For example, we recommend you to pay attention to your lifestyle:

• Both you and your partner shouldn’t be overweight or have bad habits  
• You should eat healthy and take vitamin and mineral supplements   
• Try to do sports and spend more time outside   
• Avoid low temperatures and excessive heat; most probably you should avoid saunas and hot baths  
• You should better be informed about serious diseases in your family that could have caused your infertility.

### **The process of IVF treatment with embryo transfer has the following steps:**

**1.** **Multifollicular ovarian stimulation** **(MOS)** and monitoring of follicular maturation and endometrial growth with the help of ultrasound.

This stage takes 7 to 50 days.

The goal of the stimulation is getting eggs in abundance in both ovaries and increasing the chances of pregnancy. During the MOS we use different modern hormonal agents that are chosen for each couple individually, after getting the preliminary tests results. You don’t need to stay in clinic all the time, but the injections should be made regularly.

At this stage you will also undergo medical tests and ultrasound investigation. According to their results we set the date of follicular puncture.

**2. Follicular puncture and egg extraction**

This stage takes only 15 minutes. After that the woman should stay in clinic at least 2 hours to avoid bleeding.

Follicular puncture is performed through the under intravenous anesthesia and ultrasound control through the lateral vaginal fornices. The ovarian paracentesis is undertaken with a special aspiration needle. Because of its minimal traumatic effect and low morbidity rate, the transvaginal ovarian paracentesis is favorable for our patients and doctors. The process is outpatient.

The patient’s partner donates sperm on the same day. Before this, a 3-day sexual abstinence is a must. After that the sperm undergoes a special preparation process.

**3. Ovum fertilization**

Only the healthiest single sperms are selected for the fertilization. The eggs (ova) that were extracted during the puncture are put into special plates with nutritional medium and then placed into the incubator, where they can be kept in conditions similar to those in a womb (the same temperature, carbon dioxide content, etc.). The insemination is undertaken in 4-6 hours after the follicle puncture. On this stage, we add single sperms to the ova.

If the simple IVF ovum fertilization is impossible, we use the ICSI micromanipulation method.

After being fertilized, the egg turns into an embryo. Our embryologist studies carefully the full process of fertilization, making special daily notices.

**4. Embryo transfer**

The embryos are transferred with the help of a special catheter through the cervix on the 2nd, 3rd or 5th day after the follicular puncture. Usually we don’t need any special preparation for it. As a rule, 2 embryos are being transferred. If the patient has undergone a lot of attempts or the quality of embryos was low, we may transfer more than 2 embryos. The resting high-quality embryos are then frozen. If the attempt fails, these embryos will be used for the next transfer.

**5. Luteal phase support**

2 weeks after the Embryo Transfer we prescribe you pregnancy supporting drugs. 2 weeks later the woman takes a HCG blood test to confirm her pregnancy. Depending on the test result, we develop the further care tactics.