



TREE TOP
HOSPITAL
Excellence in Healthcare

IVF Information Booklet



Stages of the IVF treatment



Consultation



Pre-treatment



Egg Pickup



Embryo Transfer



Pregnancy Scan

About our IVF treatment

In-Vitro Fertilization (IVF) Treatments

IVF is the process of extracting eggs from a woman's ovaries, creating embryos through fertilizing them with sperm, then replacing the embryos in her womb. In approximately 30-40% of the cases, the IVF treatment results in a successful pregnancy.

Normally, the IVF treatment involves a drug treatment for the woman using a combination of tablet and injection medication to stimulate the ovaries to produce, ideally, more than 8 eggs. After medications and injections are administered, it is monitored by ultrasound scans measuring the size of the follicles in which the eggs develop. The dose of the follicle stimulating hormone (FSH) injections may be modified to optimize the response to medications. After the follicles have reached 16 to 20 mm in size, a trigger injection is administered and the egg collection is scheduled for 35 to 36 hours later.

For the egg collection procedure, it is done under anesthesia to ensure the procedure is comfortable for the Guest. After which, a guided needle is passed through the vaginal wall into each of the follicles. Out of which, a mature egg will be obtained from most of the large follicles. The eggs are fertilized with the prepared semen sample that is provided on the same day as the egg collection.

The development of embryos is then cautiously monitored over the next two to six days by the embryologist. The best quality embryo or embryos are selected for transfer. The embryos are then loaded into a narrow catheter which is passed through the neck of the womb in order to place the embryos, under ultrasound control, near the top of the cavity of the womb.

Hormone supplements are then given for two weeks until a pregnancy test confirms the outcome of treatment. If successful, the woman will continue hormonal support until 8 to 12 weeks of pregnancy.

Why has IVF been recommended for us?

IVF is recognized as the best treatment option in the world for fertility problems where a couple is very unlikely to conceive naturally. In IVF, the eggs and sperm are fertilized outside the womb in a laboratory bypassing any tubal blockage. In cases of a severely abnormal conception is extremely low but by using IVF, the change of pregnancy is increased by at least 10 times.

IVF is the next treatment modality if other treatments such as IUI or ovulation induction have not yielded successful pregnancies. Moreover, the other conditions which where a couple may be advised to opt for IVF is when the Woman's fallopian tubes are blocked or when the sperm analysis results are abnormal. Other reasons a couple may have recommended IVF is due to, but limited to, ovulation disorders (such as Polycystic Ovary Syndrome), endometriosis, or uterine abnormalities.

What are our chances of getting pregnancy with IVF?

There is a spectrum of factors which influence your reproductive health including lifestyle, diet, and emotional state. Furthermore, age plays an important role too as well as the length of time a couple has been trying to conceive and whether they've previously had any pregnancies.

Typically, IVF has a success rate of 30% to 40%. However, this rate may vary depending on individual factors such as age, genetics, lifestyle factors, as well as other illnesses.



What are the risks associated with IVF treatments?

Like every treatment, IVF carries its own risks and benefits. On a positive note, the risks associated with IVF are extremely small. There is no increased risk of conceiving a baby with an abnormality with standard IVF or frozen embryo treatment compared to natural conception.

The largest risk carried with IVF is multiple pregnancies, similar to IUI. The risk of conceiving twins in IVF is one in five pregnancies compared to one in 60 natural pregnancies. These twin pregnancies are six times more likely to have complications such as premature delivery, low birth weight, and cerebral palsy than a singleton pregnancy. Hence, you may be advised to have a electric single embryo transfer (eSET) minimize those risks.

Additionally, there is a small risk of over-response to the ovarian stimulation drugs leading to ovarian hyper stimulation syndrome (OHSS). This is extremely rare, only occurring once in every 50 to 200 cycles but it can be very serious needing hospital or even intensive care treatments. Your IVF, in some cases, may have to be cancelled.

What additional investigations are required prior to IVF?

Prior to IVF treatments, all couples will be screened for Hepatitis B and C and HIV within three months of their first treatment. Additional blood test may also be recommended and our Doctor will discuss this with you. If you test positive for any of these viruses, you may be referred onto a specialist for treatment for the infection.

Counselling

We recognize how stressful both struggling to get pregnant and IVF treatment itself is. Tree Top Hospital Maldives therefore offers psychological counselling where before, throughout, and after the IVF treatment.

Pregnancy Scans

If successful, it is highly recommended to scan after seven weeks to ensure that your pregnancy is going well, and determine whether if it is a singleton or a twin pregnancy. You will then be advised to make an appointment with your midwife to book antenatal care.