

IVF LONDON

Care • Innovation • Excellence

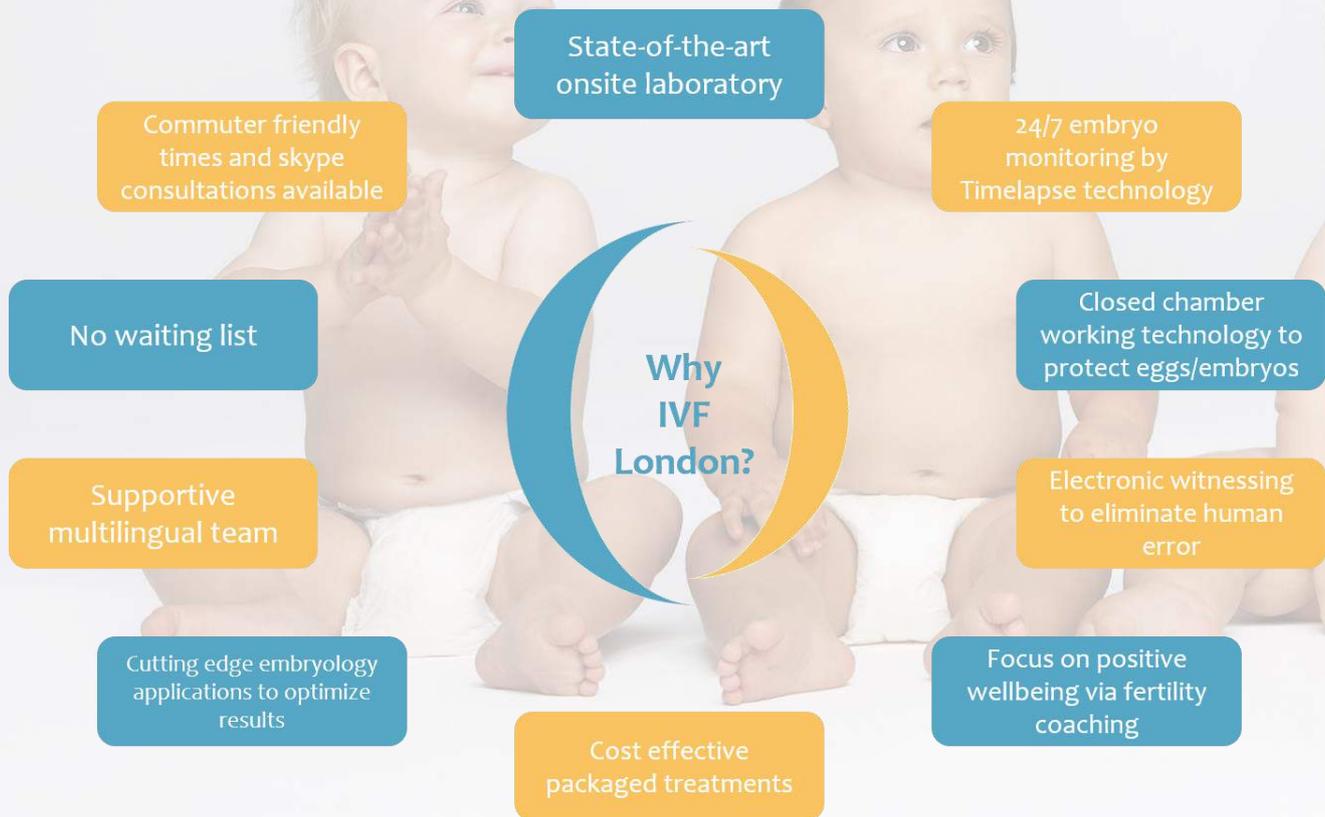
...where dreams are conceived



www.ivflondon.co.uk

Introduction

Introducing IVF London, the first fully equipped IVF clinic in the North West of London. Founded by Mr. Alpesh Doshi, a Consultant Clinical Embryologist with over 20 years of experience in the field, who is one of the pioneers of egg freezing and embryo biopsy in the UK. He has to his credit over 400 babies born from frozen eggs under his scientific leadership. We are committed to making your dream a reality and we achieve this through our philosophy of personalised care. Our dedicated team, backed by leading consultants, are with you at each stage of your journey to start and grow your family.



A message from the Founder...



IVF London is built on the pillars of science and technology in reproductive medicine. As a scientist and an entrepreneur, I am passionate about our ethos: 'it's all about the journey'. Our team pride themselves in living up to this expectation.

At IVF London, we believe in offering affordable and personalised patient care, which combines elements of holistic therapies and emotional support. We believe very strongly in the mind and body balance which is pivotal in the wellbeing of any individual. Combining the blend of fertility coaching with IVF is a very unique approach we use to empower patients to be in control of their treatment. We have taken the pledge with Fertility Network UK to put our patients at the heart of our medical care and have also embraced the HFEA's anthem on being patient champions.

Alpesh Doshi

The Clinic



In Vitro Fertilisation (IVF)

1. Ovarian Stimulation

Once treatment commences, the first step is to stimulate the ovaries. The patient is taught how to inject medication. This causes the ovaries to produce multiple mature follicles that may, all being well, contain a number of eggs. A series of monitoring appointments will be organised to check the patient's progress and so that the treatment can be adjusted if required.

3. Sperm Preparation

Sperm has been collected: what happens next? Before sperm can be used for fertilisation, it must be prepared. Semen is spun at high speed with liquids that ensure only the best quality sperm are left behind for use in the IVF process.

5. Embryo Transfer

Once embryos have developed in the incubator, the best quality embryo(s) are chosen for transfer. This involves placing one or two embryos into a catheter and then transferring them into the womb of the woman. Any remaining good quality embryos can be frozen for future use.

2. Egg Retrieval

What happens after your ovaries produce several follicles? The next stage is egg retrieval. At this stage, a final trigger injection is given 36-37 hours before the procedure to allow for a final maturation of the eggs. The patient is usually under sedation and can go home on the same day. The male partner is usually asked to produce a sperm sample on the same day as the egg retrieval procedure.

4. Fertilisation

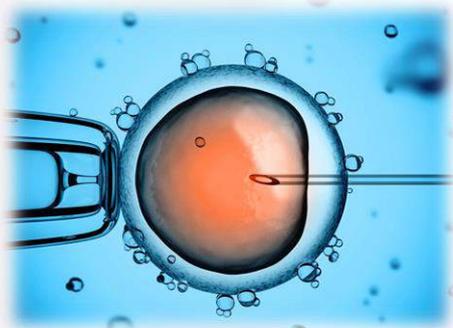
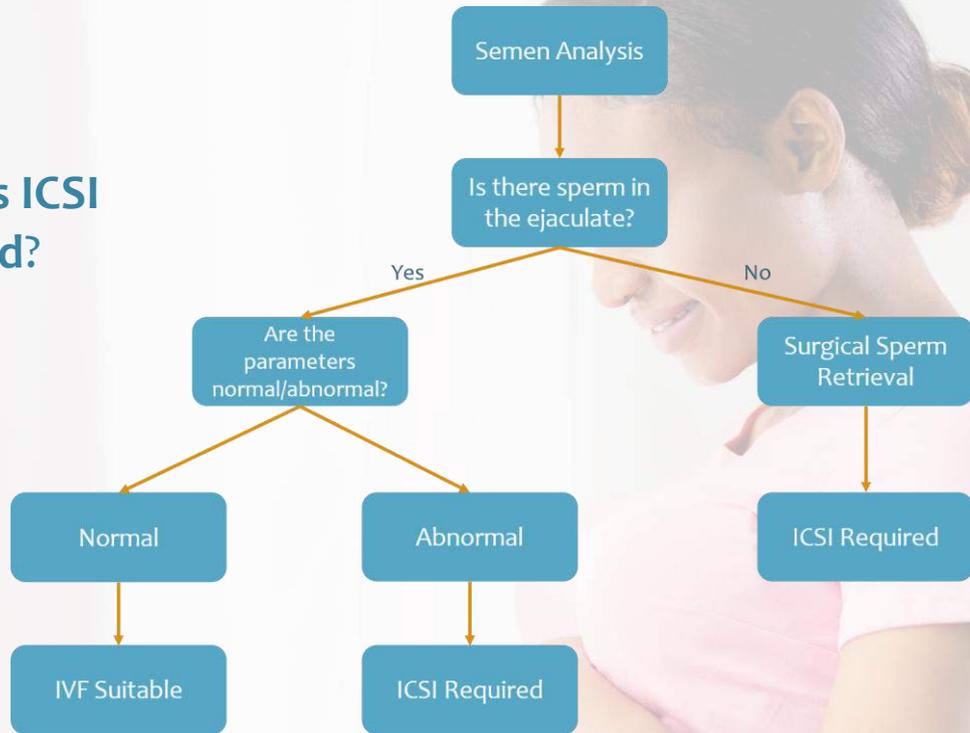
When egg meets sperm: once the eggs have been collected and the sperm prepared, the sperm and eggs are incubated together to allow fertilisation to occur. During incubation, the sperm can swim towards the eggs and fertilise them. In some cases, a specialised process called ICSI (Intra-cytoplasmic Sperm Injection) is used to inject one selected sperm into the egg.

6. Pregnancy Test

Embryos are in, at this stage the patient is asked to wait for 14-16 days before performing a pregnancy test. If the test is positive, the doctor will oversee the initial stages of the pregnancy. If negative, all the information gained through the IVF cycle will be used to create a plan for next steps.

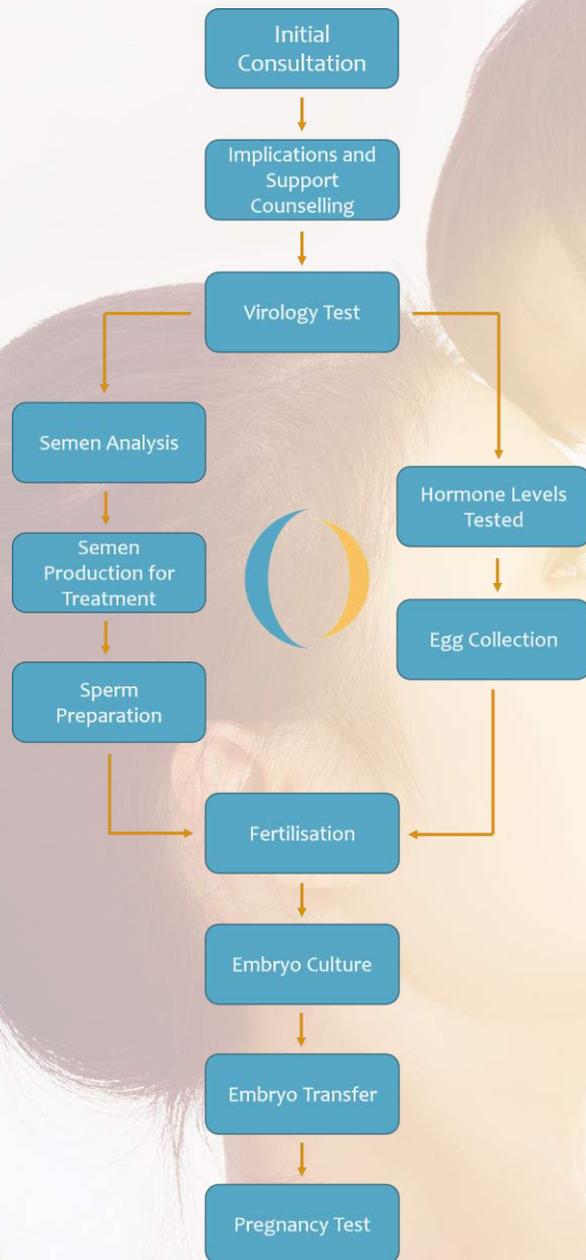
Intracytoplasmic Sperm Injection (ICSI)

When is ICSI required?



- ICSI involves the injection of a single sperm directly into the egg
- It is recommended for cases of male factor infertility:
 - Low sperm concentration
 - Poor motility
 - Male tract blockages
- The process is very similar to IVF
 - The only difference is the method of fertilisation

Natural Cycle IVF



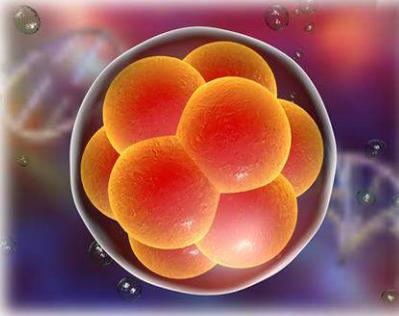
- Involves the collection and fertilisation of one egg that a woman releases during her normal monthly menstrual cycle
- It is suitable for women who want to limit the amount of medication they are taking
- The risks of natural cycle IVF are less than those of stimulated cycles
- After the egg collection, the egg is fertilised with sperm in the laboratory and then cultured for up to 6 days
- The embryo is then transferred back into the womb of the woman



Frozen Embryo Transfer (FET)

Who can benefit from an FET?

- Couples who have had a previous IVF cycle that was not successful but have stored embryos
- Couples with stored embryos that want another child
- Women who have suffered from Ovarian Hyperstimulation Syndrome (OHSS) and need to wait for their embryo transfer
- Couples who have had IVF with PGS/PGD and are awaiting the test results



Natural Replacement Cycle

- Conducted when a woman ovulates regularly
- The precise timing for the embryo transfer will be calculated to maximise the chances of pregnancy
- You may require an HCG injection to stimulate a more exact ovulation period

Medicated Protocol Replacement

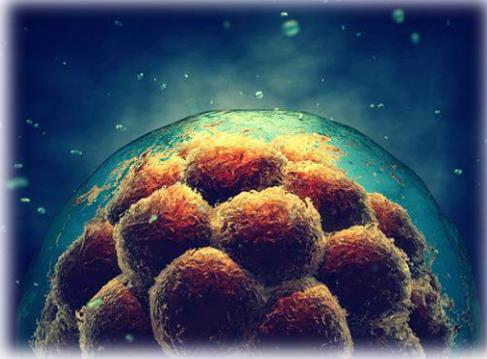
- For this protocol, your endometrial lining will be closely monitored
- Oestrogen and progesterone medications will help to thicken the lining of the womb in preparation of embryo transfer

Egg Freezing

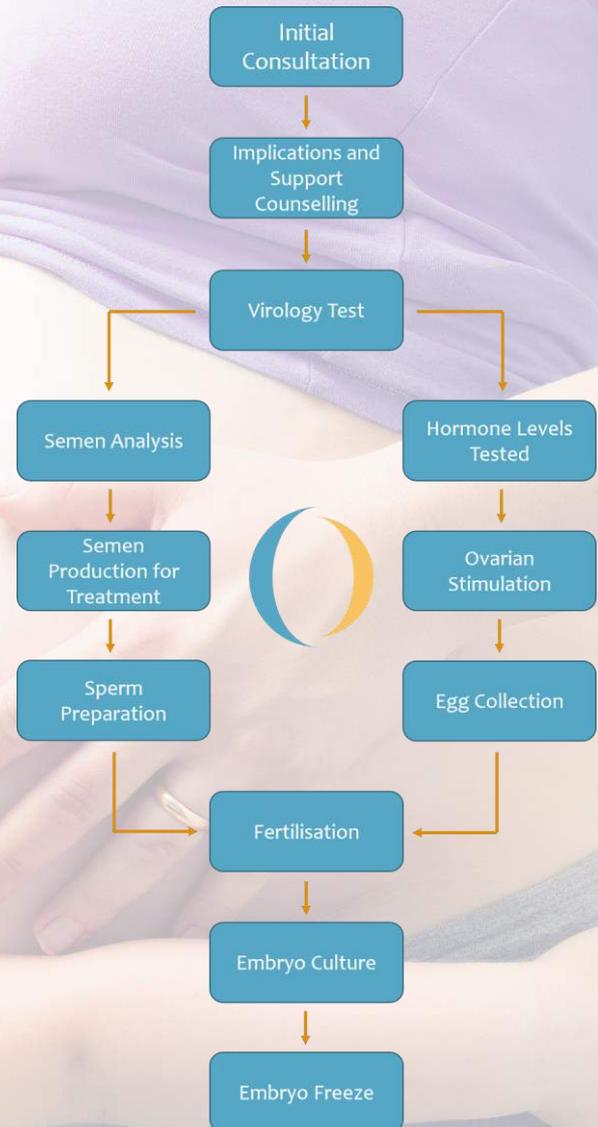
- A method of preserving your fertility for use in future treatment
- Women can freeze their eggs for social or medical reasons
- The process of egg freezing is similar to the beginning of IVF. After ovarian stimulation, the mature eggs will be collected and frozen
- Once they are frozen, the quality of the eggs will not decline and they can be used in the future to create embryos



Embryo Freezing

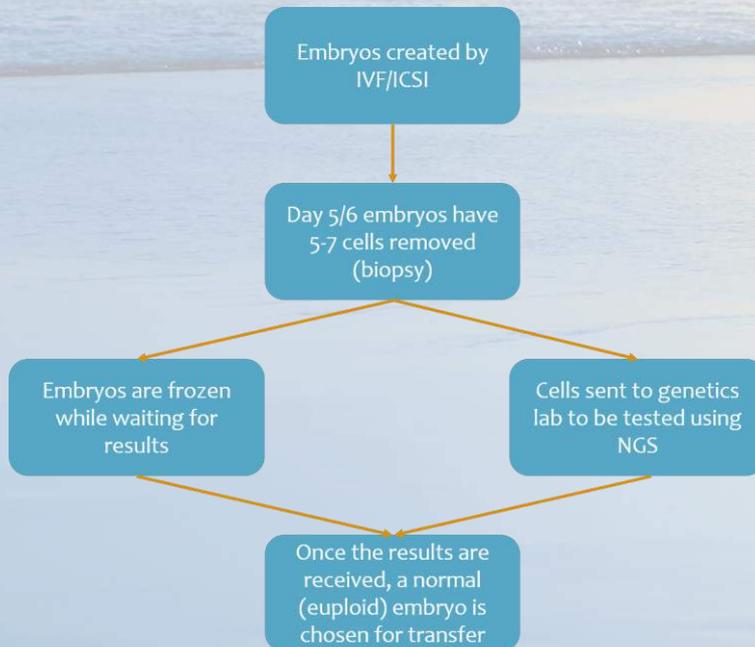
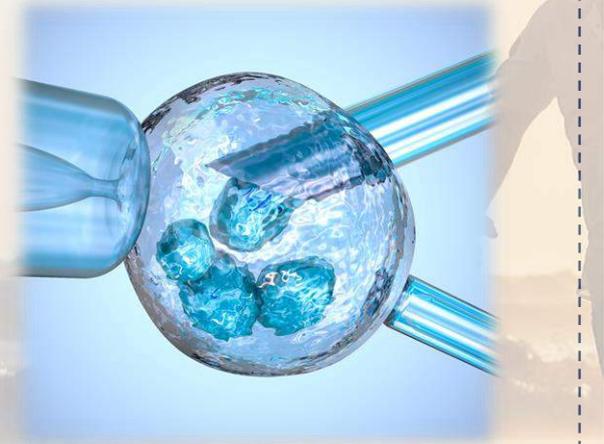


- After your IVF treatment, it is possible that more than one or two viable embryos have been created. In these cases, the embryos can be frozen for use at a later date
- It is also possible to freeze all embryos in a cycle and transfer them at a time more suitable for you as a method of fertility preservation
- If you require PGS/PGD, all embryos that have been tested must be frozen while waiting for the results of the genetic testing. The transfer of any healthy embryos will then take place the following month when the womb is again ready
- In women with a poor ovarian reserve, 2-3 cycles of IVF can be recommended to 'batch freeze' embryos and optimise chances of conception



Preimplantation Genetic Screening (PGS)

- Also known as aneuploidy screening or PGT-A
- Used to check chromosome numbers of embryos
- Enables the selection of chromosomally normal (euploid) embryos
- Next Generation Sequencing (NGS) is one of the most technologically advanced methods of genetic testing
- PGS does not guarantee a chromosomally normal embryo for transfer



Who benefits from PGS?

Women over the age of 38

- Older women are more likely to have eggs with chromosomal abnormalities

Couples who have suffered from repeated miscarriage or implantation failure

- Transferring an embryo with the normal number of chromosomes gives a higher chance of a healthy live birth

Preimplantation Genetic Diagnosis (PGD)

- Used for couples that have a known genetically inherited condition in their family
- Involves checking genes of embryos created by IVF/ICSI
- Like with PGS, 5-7 cells are removed from the embryos and sent for genetic testing
- Only embryos without the genetic condition tested for are transferred
- There are two types of testing
 - Single gene disorders
 - Chromosomal rearrangements

Downs Syndrome

Parkinson's Disease

Cystic Fibrosis

Muscular Dystrophy

Sickle cell anaemia

Early-Onset Alzheimer's

Beta Thalassaemia

Haemophilia

Huntington Disease

Inheritable cancer predispositions

Examples of conditions that can be tested for

Same-Sex Couples

We offer female couples seeking to start a family carefully tailored treatment options including intrauterine inseminations and IVF with donor sperm



You will be offered support from our counselling team prior to any treatment to help you understand the emotional and legal issues in order that you are completely comfortable and confident with your decision to proceed.



Our laboratory team will help you find a suitable donor from our collaborating European and UK sperm donor banks. The matching of donors can be done with your specific requirements.



If suitable we would always start with the mildest approach to treatment such as Intra Uterine Insemination (IUI) using donor sperm. The procedure involves placing donor sperm closer to the egg at the time of ovulation in the hope it is fertilised



In some cases IVF (using donor sperm) may be more appropriate and offers a higher chance of pregnancy compared to IUI. Any resulting embryos are then transferred into your uterus to continue development as a normal pregnancy or frozen for future use.



If you are in a same-sex relationship and wish one partner to donate her eggs and the other partner to carry the pregnancy, egg sharing is an option that provides both partners with the intimate experience of a shared maternal role when starting a family

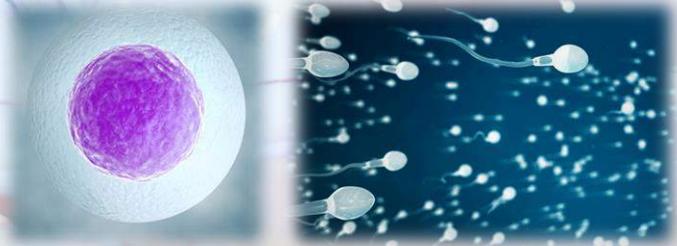
Donor Eggs/Sperm

Donor Eggs

- For couples where the female partner is unable to produce eggs, an egg donor can be an option
- It is possible to provide your own donor, and in many cases this will be a close friend or relative
- Alternatively, there are egg banks that can provide you with frozen eggs to use in treatment
- IVF will be used to create embryos with the donated eggs and these will be cultured until they are ready for transfer
- The recipient of the donor eggs (the female partner) will be given medications to ensure that her womb is ready to receive the embryo
- Using donor eggs in older women increases their chances of a successful pregnancy

Donor Sperm

- Sperm donation can be an effective treatment for male factor infertility
- It is also used by single women and same-sex female couples to help them start their own families
- The process of donor selection begins by reviewing donor profiles to select the best fit for you
- We use well established UK and European sperm banks to give you an extensive choice



- All donors must be in accordance with strict HFEA criteria and must undertake a series of health tests and screening to ensure that they are not at risk of passing any health conditions to your child
- It is important to note that the egg/sperm donor can withdraw their consent at any time
- There is a 10 family limit rule set by the HFEA for all donor gametes used in the UK
- The identity of the donor cannot be known by the recipients. However, when any children created from the donor gametes reach the age of 18, they can contact the HFEA for the contact information of their donor

Fertility Coaching

Fertility Coaching provides patients with in depth knowledge of what to expect, how the cycle will progress and the associated emotional states that you will experience as you proceed through your treatment cycle. The objectives of fertility coaching are to:

Understand that coaching is a model of learning

Focus on outcomes, processes and actions

Look for the intention and purpose of emotions

Discover the process preventing achievements, goals and objectives

Offer techniques and encourage you to find your own solutions

Empower and support you

Help you understand the past and create a new future

Assist you to see new ways of looking at things

Provide coaching to move beyond challenges

See you before you start treatment and after each cycle



Alternative Therapies

As part of our services at IVF London, we also offer holistic therapies. We have dedicated practitioners that we are affiliated with that can provide you with their services on-site at the clinic.

Acupuncture



There is some evidence to suggest that acupuncture may help to improve the success of a fertility journey. Not only can acupuncture reduce the levels of stress, it can also be used as preparation for IVF.

To improve chances of conception, it is important to realise that the food you eat can have an influence. The meeting with the nutritionist should take place 60-90 days before the start of your cycle, and you will be presented with a personalised nutritional plan.

Nutrition



Reflexology



Reflexology is a therapy that uses pressure points in the feet to stimulate the reproductive organs. It is safe and non-invasive, and helps to relieve stress and tension.

Fertility Wellness Check

This service provides a fertility check-up (sometimes known as a Fertility MOT), for individuals and couples, helping them to understand their own fertility and alerting them to any potential issues that may arise in the future.

Taking such a proactive approach to fertility planning can save years of expensive and emotionally exhaustive IVF treatment. Similarly, taking these simple tests can help to alleviate any concerns, offer peace of mind and enable individuals and couples to plan further ahead.

Female

As women age, the quantity and quality of their eggs naturally declines and it can be difficult to know whether there are any fertility related problems until it's too late. By electing to have a fertility check-up, you can learn more about the status of your egg reserve and get a better understanding of your overall reproductive health. The Female Wellness Check includes a blood test for the Anti Mullerian Hormone (AMH) combined with a pelvic scan.

Male

For men, we offer a semen analysis to better understand the health of your sperm. This check measures the three major factors of your sperm's health; the count (normal range is between 20-200 million), the motility (normal or abnormal movement), and the morphology (correct or abnormal shape).

Treatments Offered

Simple Fertility Treatment

- Ovulation Induction
- Follicular Tracking
- Intra-Uterine Insemination

Advanced Fertility Treatments

- IVF
- ICSI
- IMSI
- Frozen Embryo Transfer
- Surgical Sperm Retrieval

Fertility Preservation Treatments

- Egg Freezing and Storage
- Embryo Freezing
- Sperm Freezing
- Storage for Cancer Patients

Donation Programme Treatments

- Egg Donation
- Sperm Donation
- Embryo Donation

Genetics

- Preimplantation Genetic Diagnosis (PGD) using Karyomapping
- Preimplantation Genetic Screening (PGS) using Next Generation Sequencing

Embryology

- Blastocyst Culture
- Timelapse Imaging of Embryos
- Assisted Hatching
- Calcium Ionophore Activation
- Embryo Biopsy

Supplementary Therapies

- Counselling
- Nutrition
- Fertility Coaching
- Acupuncture
- Reflexology
- Intralipids



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By Road

The postcode for the clinic is WD6 3BS. The clinic can be accessed from the A411 close to its junction with the A41. the M25 motorway is within approximately 7 miles.

By Train/Underground

The closest underground station is Stanmore Station on the Jubilee Line, or you can visit us via Elstree and Borehamwood Train Station.

By Bus

A frequent bus service (306) stops outside the Waterfront operating between Watford and Borehamwood.



Location

IVF London is located at Caspian House, The Waterfront, approximately 15 miles north of Central London and is easily accessible by road.

Opening Hours

Monday	9am-5pm
Tuesday	9am-5pm
Wednesday	9am-5pm
Thursday	9am-5pm
Friday	9am-5pm
Saturday	By Appointment Only
Sunday	By Appointment Only

Contact Us

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