

At City Fertility we offer you bespoke fertility treatment using an individualised approach and cutting edge technologies. Our team of professionals has vast experience and a wealth of knowledge in the field of Fertility Medicine, Assisted Reproduction and Management of Early Pregnancy. Our staff have also been carefully selected on the basis of their communication skills and dedication.

### TREATMENTS OFFERED AT GENNET CITY FERTILITY.

#### Ovulation induction

Ovulation induction may be recommended in women who do not ovulate or have a form of ovulation dysfunction.

#### IUI

Intra-Uterine Insemination (IUI) can be used in conjunction with ovulation induction (OI+IUI) or with controlled ovarian stimulation (Super-Ovulation + IUI) to treat couples with certain types of subfertility. In women with no history of subfertility and no ovulation problems IUI can be done in a natural cycle using no medication (NC+IUI). NC +IUI is suitable for women who are single, in same sex relationship or those having difficulties due to sexual dysfunction. Women having IUI treatment should have open fallopian tubes.

#### IVF

IVF was developed over 40 years ago and is now the most common and effective type of fertility treatment. Originally invented to treat infertility due to blocked tubes, IVF is a suitable treatment for a range of fertility challenges including male factor, unexplained subfertility, subfertility due to endometriosis and ovulation dysfunction. IVF can be performed during woman's natural cycle or in conjunction with mild or full ovarian stimulation. The egg or eggs are removed from the woman's ovaries and fertilised with sperm in a laboratory. The fertilised eggs are cultured in the laboratory for a few days to grow into embryos. One to three embryos are then returned to the woman's womb to grow and develop.

- Natural Cycle IVF uses no drugs to stimulate the growth of follicles (where eggs develop) and follows the natural selection of the leading follicle.

- Stimulated Cycle IVF uses hormones given to the woman to stimulate the ovaries to produce excess follicles.

### ICSI

In IVF treatment eggs can be fertilised using standard IVF procedure – simply incubating the eggs with sperm cells in a dish to let fertilisation happen naturally. When sperm quality is sub-optimal standard IVF may fail to fertilise the eggs. ICSI, Intra-Cytoplasmic Sperm Injection, is a technique in which a single sperm is injected into the centre of each egg. This increases the chances of fertilisation in cases of poor sperm quality.

### PICSI

PICSI is a method of selecting the best possible sperm according to how well they bind to a substance called Hyaluronan which naturally occurs around an egg. Sperm selected by PICSI are then used for ICSI treatment.

### IMSI

The IMSI procedure is similar to ICSI. The difference is that IMSI uses significantly higher magnification to visualise each sperm. This may allow better selection of sperm cells for injection into the eggs.

### Egg donation

Egg Donation can be considered in women with ovarian failure or in cases of repeated IVF/ICSI failure due to poor quality eggs. Egg Donation can only be used in conjunction with IVF/ICSI treatment. It involves stimulating the donor's ovaries to produce a number of eggs which are retrieved and then fertilised by your partner's or donor's sperm. The embryos that are created this way can be transferred into your womb so you can carry and deliver the baby.

### Sperm donation

Donated sperm (sperm not from your partner) can be used in many types of fertility treatment. The donated sperm is used to fertilise an egg either inside the woman's body (IUI) or outside the body (IVF).

Sperm donation can be considered in the following circumstances:

- single women who wish to conceive without a partner
- female same-sex couples

- in cases of azoospermia (lack of sperm in the ejaculate) when attempts to retrieve sperm from the testicles failed.
- for avoidance of genetic diseases which may be passed on from the male partner
- after recurrent ICSI treatment failures with poor quality sperm

### AGE RESTRICTIONS FOR TREATMENT

We treat patients up to their 46th birthday using their own eggs. Donor egg treatment is available for patients up to their 51st birthday.

### Egg freezing

Egg freezing using the new vitrification method is offered to women who are at risk of declining fertility. This may be due to advancing maternal age, a family history of premature ovarian failure or before the start of some cancer treatments. It can be used by women who want to delay having their family for social reasons, for example because they don't currently have a partner or when the couple are not yet ready to have a family together.

### Semen freezing

Sperm freezing can be carried out for patients who are at risk of subfertility because of a need for treatment which may have a long-term effect on sperm production or quality i.e. some cancer treatments or gender reassignment therapies.

### Preimplantation genetic diagnosis

Preimplantation genetic diagnosis (PGD) can be offered to patients who have IVF treatment. PGD is a technique used to assess embryos for specific genetic diseases and chromosomal abnormalities. It involves an embryo biopsy to remove one or more cells from embryos. The cells are then screened for a specific genetic disease that is known to be carried in the family. PGD can be used to look for single-gene disorders (inherited diseases caused by a single faulty gene) and chromosomal translocations (where sections of chromosomes have been switched with one another). Embryos whose biopsied cells are unaffected are then selected for embryo transfer. PGD enables women and couples who carry genetic mutations to have their children without the concern that their baby will be affected by the genetic disease.

### Preimplantation genetic screening

Preimplantation genetic screening (PGS) is a method of screening the chromosomal make-up of embryos prior to their transfer into the womb with the aim of increasing the pregnancy rate and reducing the risk of miscarriages. PGS is not yet used routinely in all IVF/ICSI treatments but it may have an advantage in selected groups of patients. These groups include older women, those with recurrent IVF failure or unexplained recurrent miscarriages. Patients in these groups have been shown to be at an increased risk of producing embryos with an abnormal makeup of chromosomes. PGS involves performing a biopsy to remove one or more cells from each embryo. Using these cells, the complete make-up of the chromosomes is screened for each embryo. Using this information we can select embryos for transfer with a normal number of chromosomes.

### Urology and Andrology

At GENNET City Fertility men with fertility challenges are thoroughly investigated before embarking on IVF/ICSI treatment. We will assess you for a hormonal imbalance, chronic genital tract infection, erectile dysfunction, ejaculation problems and many more. We will offer you interventions to improve sperm quality aiming at improving your chances of success with IVF/ICSI treatment.

### One stop male fertility clinic

A unique service offered by GENNET City Fertility. Our team's Consultant Urologists who is a specialist in male fertility (Andrology) can see you for a consultation, an examination and a testicular ultrasound scan. During this consultation our specialist will also review the results of a semen analysis, hormonal profile and genetic tests carried out before your initial appointment.

### Surgical sperm retrieval

A low sperm count is a common cause of male infertility but as long as a man produces even the tiniest number of sperm in his semen, these sperm cells can be collected and used fairly easily to fertilise eggs. Men who ejaculate no sperm, because of low sperm production or because the sperm release pathways are blocked, require some form of surgical sperm retrieval so that the sperm retrieved can be used to fertilise the eggs. Surgical Sperm Retrieval procedures are carried out at GENNET City Fertility by our Consultant Urologist - Andrologist who has wealth of experience in this field.

### Your journey doesn't end here.

Once the treatment is successful we offer a wide range of prenatal care. Prenatal screening focuses on the detection of foetal defects which mostly develop randomly as a "genetic accident" at conception or during the first steps of embryo development. Down syndrome is an example of a condition that we can help to identify with this approach.

- Early Pregnancy Viability Scan or Dating Scan
- Anomaly Scan
- Cervical Length Scan
- Wellbeing Scan or Foetal Growth Scan including Doppler
- 3D and 4D Scan

### OTHER SERVICES

#### Counselling

Counselling provides individuals and couples with an opportunity to discuss their thoughts, feelings and beliefs in a confidential environment to help them see things with more clarity and gain a better understanding of the potential implications of their decisions.

#### Acupuncture

There are some studies that show that acupuncture has a positive effect on a number of factors which are crucial to the success of conception and continuation of pregnancy. GENNET City Fertility supports patients in acupuncture treatment before and during their fertility journey.

#### Fertility Courier Services

We provide an experienced courier service for sperm, eggs and embryos both within the UK and worldwide. We guarantee flexibility, reliability and professionalism and we are able to prepare all the necessary documents required for the transport of your samples.