



Midstream Fertility Clinic

In vitro Fertilization (IVF)
& Intracytoplasmic Sperm Injection (ICSI)





IVF In vitro Fertilization

&

ICSI Intracytoplasmic Sperm Injection

GENERAL INFORMATION

1. Please SMS us on 082 746 5129 on the first day of your menstruation, even if it is during a weekend or after hours.

* Please regard full menstruation as day 1 of your cycle if you started before 12:00 midday (Note that light spotting is not full menstruation)

2. Stimulation will be done with:

- Femara® (Tablets)
- Gonal F® (Injection)
- Pergoveris® (Injection)
- Lucrin® (Injection)
- Menopur® (Injection)
- Cetrotide® (Injection)
- A combination of the above

3. You are responsible for purchasing the medication, which can be supplied by Midstream Fertility Clinic. If you prefer to purchase the medication at a pharmacy, please arrange with them in advance as these medicines are not stocked at all pharmacies and have to be ordered.
4. If the medication is not taken / administered correctly, you may not stimulate successfully.
5. You, or your spouse/partner can administer the injections. If your stimulation fails, the cycle will be stopped/cancelled. The medication will then be adjusted with a following cycle.
6. The first sonar, usually takes place on day 2 or 3 of the cycle. The sonar dates thereafter are determined according to the size and number of follicles. You will undergo three to five sonars before aspiration, but this may vary.
7. The aspiration is normally done on day 12 to 14, but it may also be done as early as day 10 or as late as day 16.
8. You are injected with two ampoules Ovitrelle®, 36 hours before aspiration to pin your ovulation down. Please inject the Ovitrelle® at the exact times as directed by your doctor. If the injection is administered too early or too late, you will ovulate, in which case the aspiration cannot take place.
9. Please do not be late for your aspiration.
10. Embryo transfer usually takes place between the third and the fifth day after the aspiration. It depends on the number and quality of the embryos.
11. After aspiration you will start with progesterone, twice daily until the result of the pregnancy test is available.

For a breakdown of fees please contact us at
info@midstreamfertility.co.za or 082 746 5129 (SMS only)
www.midstreamfertility.co.za

E & OE , please consult your Doctor for final instructions.



INSTRUCTIONS BEFORE AND AFTER ASPIRATION

1. It is very important to be on time. Please ensure that you arrive 30 minutes prior to the aspiration at the Fertility Clinic. If you do not arrive on time, it is possible that you can ovulate, in which case it would not be possible to do the aspiration.
2. Medication will be administered that will make you drowsy. It will therefore not be possible for you to go back to work and you would also not be able to drive. Arrange with someone to take you home. The effects of the medication take approximately six hours to wear off.
3. It is normal to experience light vaginal bleeding after the procedure.
4. If you have to bring along your husband/partner's sperm sample, it must be kept at body temperature and must be at the Fertility Clinic within 30 minutes after the production.
5. We prefer a fresh sperm sample, but arrangements can be made for sperm freezing before aspiration.
6. Please empty your bladder prior to the aspiration, otherwise it would complicate the procedure and you will be very uncomfortable.
7. Please let us know if you are allergic to any medication.
8. Please do not hesitate to contact us if you have any further queries.



INSTRUCTIONS TO PATIENT AFTER EMBRYO TRANSFER (ET)

1. You are strongly advised not to travel long distances on the day of your ET. If you do not live in or near Centurion, it is preferable that you stay over in Centurion.
 2. Do not fly within the first fourteen days of your procedure.
 3. Your intimate relationship can carry on as normal after 48 hours.
 4. It is preferable to refrain from strenuous exercise until the results of the pregnancy test is known.
 5. It is of the utmost importance that you have a blood sample taken on the fourteenth day after aspiration, even if your menstruation commenced spontaneously.
 6. If you do have a prescription for hormone therapy (tablets), you should continue taking it until the result is available on the fourteenth day after the procedure. Vaginal bleeding does not necessarily mean that you are not pregnant.
 7. Smoking as well as alcohol must be totally avoided as it may have a negative effect on the embryo and the pregnancy.
 8. Should you have any queries please contact us without hesitation.
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Midstream Fertility Clinic

We are situated in Midstream Hill Medical Park right next to the new
Midstream Medi Clinic within Midstream

Room 203
Midstream Hill Medical Park
CNR Midstream Hill Boulevard & Godley Drive
Midstream
Centurion, Gauteng

Dr J Markram | 012 6529541
Dr OJ van Schalkwyk | 012 652 9609

Infertility Clinic/Laboratory | 012 652 9638
012 652 9638 (Mon-Thu 9:00-12:00)

Fertility phone (sms purposes only) | 082 746 5129
Please send your details via sms and we will contact you

info@midstreamfertility.co.za | Lia
lab@midstreamfertility.co.za | Lizelle

www.midstreamfertility.co.za