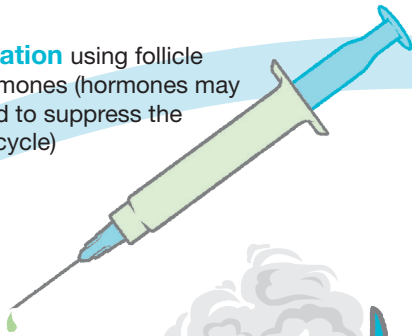


The Power of Three IVF Cycles

NICE has recommended that the NHS provides 3 full IVF cycles to a woman (under 40 years of age) undergoing fertility treatment. This recommendation was made with a view to helping as many people as possible achieve the best outcome for them and their loved ones. There can be a lack of clarity, even among healthcare professionals, about what should be included in a full IVF cycle*. This lack of understanding can result in compromised NHS services and outcomes.

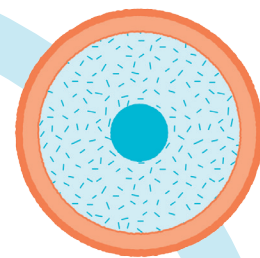
According to NICE this is what should be included in a single IVF cycle:

1 Egg Stimulation using follicle stimulating hormones (hormones may also be required to suppress the natural fertility cycle)



2 A series of **ultrasound scans** will monitor the egg development and indicate when the eggs are ready to be collected

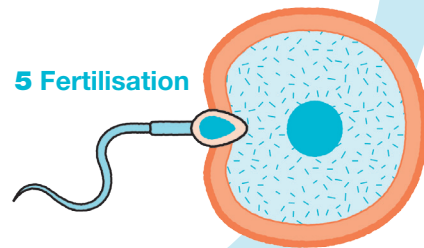
3 Egg Retrieval



4 Sperm Retrieval



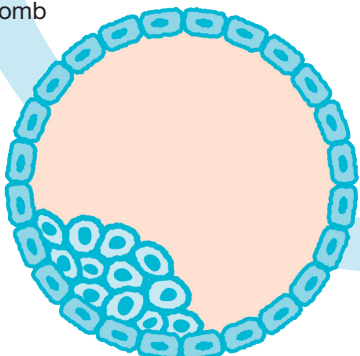
5 Fertilisation



7 Freezing and storage of any remaining viable embryos. Later transfer of these embryos is still considered part of a single IVF cycle



6 Transfer of one or two embryos to the womb



IVF is not always successful first time, and it may be necessary to carry out further embryo transfers. However, if viable embryos have been stored from earlier in a cycle these can also be transferred as part of the same IVF cycle.

If you have received less NHS-funded treatment than NICE recommends, then you are not alone. Let your MP know that this is happening. It is only by raising awareness and starting debate that things will change.

* NICE recommends 3 full IVF cycles. A full cycle of IVF is one in which 1 or 2 embryos produced from eggs collected after ovarian stimulation are replaced into the womb as fresh embryos (where possible), with any remaining good quality embryos frozen for use later. When these frozen embryos are used later, this is still considered to be part of the same cycle.