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AN EXPERT GUIDE TO

In Vitro Fertilization (IVF)

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Welcome to your guide to in vitro fertilization, or IVF.

CDC data shows that, in 2019, 77,998 live births resulted from assisted reproductive technology, or ART. Did you know that IVF is considered to be the most effective form of ART?

In this guide, we'll walk you through how IVF works, its benefits, and factors affecting success rates. We'll describe what to expect at each step of the procedure, and hopefully answer your questions about the process as a whole. Infertility shouldn't keep you from becoming a parent, and IVF is a viable option for many infertile people – so let's dive right in!

XX,
Team Binto

The Benefits of IVF

IVF may help couples who suffer from a variety of conditions that affect their ability to conceive, including:

- Women with blocked/damaged fallopian tubes or who have undergone tubal ligation
- Women who can't or have difficulty ovulating, have premature ovarian failure, endometriosis, or uterine fibroids
- Women who are starting cancer treatment that might harm fertility. In this case, eggs or embryos are frozen for future implantation.
- Men who suffer from infertility, including low sperm count or low sperm motility
- One or both partners have a genetic disorder
- Other unexplained cases of infertility

SPECIAL CIRCUMSTANCES

In cases where a female parent can't carry a child to term, another woman may act as a gestational carrier, and the embryo is implanted in her uterus.

In cases where either the woman's eggs or man's sperm can't be used, potential parents may choose to use donor eggs, sperm, or embryos.



Factors that Affect IVF Success Rates

A number of factors affect the success of IVF treatment, including maternal age, reproductive history, and the cause of infertility. Your physician will evaluate and consult with you on these factors before you being IVF.

How IVF Works

There are several types of IVF cycles and protocols. You will work with your fertility team to decide the best IVF treatment plan.

One IVF cycle can take 8–14 days of medication, and is followed by an egg retrieval and embryo transfer. Here's what to expect:

1. OVARIAN STIMULATION

Your doctor prescribes special fertility medication that stimulates numerous eggs to grow. It's important to retrieve multiple eggs because some eggs won't fertilize or develop normally. Retrieving many eggs at once reduces the number of invasive procedures you must undergo.

2. EGG RETRIEVAL

This is when the female's eggs are surgically removed and joined with a male's sperm in an embryology lab. Your fertility specialist determines when the eggs are mature by using a vaginal ultrasound and various blood tests. The eggs are often retrieved via a minor outpatient surgical procedure, which generally takes under 30 minutes.

3. SPERM COLLECTION

Your partner, or a sperm donor, provides a semen sample the morning of the egg retrieval. Sperm are separated from the semen in the lab. In some cases of male factor fertility, sperm aspiration may be necessary. This involves the use of a tiny needle to extract sperm directly from the testes.

4. FERTILIZATION AND EMBRYO CULTURE

The eggs are placed in an IVF culture media within an incubator and injected with the sperm. Once the egg and sperm meet, they should form an embryo. The embryo is kept safely (and in accordance with strict, regulated policies) in an embryo incubator within an embryology lab. Usually, 65%–75% of mature eggs will fertilize and develop into embryos.

5. EMBRYO TRANSFER

When ready, an embryo is transferred to the female's uterus, where implantation occurs. Anywhere from two to six days after egg retrieval, one or more embryos are inserted via catheter into your uterus. This procedure is quick and generally painless. Successful implantation takes place 6 to 10 days after transfer, and after 9 to 14 days, your doctor tests your blood to determine if you are pregnant.

Any remaining embryos or sperm may be frozen. Most fertility clinics will walk you through an IVF consent form that outlines your choices with remaining human gametes or embryos. Most give options of freezing, disposition, or donation.

We don't believe in a one-size-fits-all approach to healthcare.

Navigating infertility can be challenging, but we are here to help you through it. If you have questions or need some advice, you can chat with our health professionals any time at info@mybinto.com or through the chat portal at mybinto.com.

SOURCES: This booklet was written by BINTO health professionals as part of our e-book informational series. You can find more information on a range of topics from PAP smears to postpartum planning at mybinto.com.