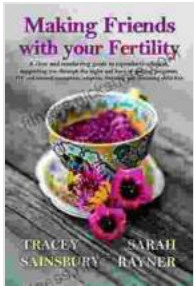


Supporting You Through Getting Pregnant: IVF and Assisted Conception



Making Friends with your Fertility: A clear, comforting guide to reproductive health: supporting you through getting pregnant, IVF and assisted conception, ... you through life's biggest challenges.) by Sarah Rayner

★★★★☆ 4.9 out of 5

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What is IVF?

In vitro fertilization (IVF) is a fertility treatment that involves fertilizing an egg in a laboratory dish. The fertilized egg is then transferred to the uterus, where it is hoped that it will implant in the uterine lining and develop into a pregnancy.

IVF can be used to treat a variety of fertility problems, including:

- Blocked fallopian tubes
- Ovulation disorders

- Male infertility
- Unexplained infertility

What is assisted conception?

Assisted conception is a general term for fertility treatments that involve using medical techniques to help a couple conceive. IVF is one type of assisted conception. Other types of assisted conception include:

- Intrauterine insemination (IUI)
- Gamete intrafallopian transfer (GIFT)
- Zygote intrafallopian transfer (ZIFT)

How do I know if I need IVF or assisted conception?

If you have been trying to conceive for more than a year without success, you may want to see a fertility specialist. The fertility specialist will evaluate your medical history and perform a physical exam. They may also order some tests, such as a semen analysis and a hysterosalpingogram.

Based on the results of your evaluation, the fertility specialist will recommend the best course of treatment for you. If you have a condition that is likely to respond to IVF or assisted conception, your doctor will recommend one of these treatments.

What are the success rates of IVF and assisted conception?

The success rates of IVF and assisted conception vary depending on a number of factors, including the woman's age, the cause of infertility, and the type of treatment used. However, overall, the success rates of IVF and assisted conception are relatively low.

The following table shows the average success rates of IVF and assisted conception for different age groups:

Age group	Success rate
Under 35	35-40%
35-39	25-35%
40-44	15-25%
45 and over	Less than 10%

What are the risks of IVF and assisted conception?

IVF and assisted conception are generally safe procedures. However, there are some risks associated with these treatments, including:

- Multiple pregnancy
- Ovarian hyperstimulation syndrome (OHSS)
- Ectopic pregnancy
- Birth defects

Your doctor will discuss the risks of IVF and assisted conception with you before you start treatment.

What is the cost of IVF and assisted conception?

The cost of IVF and assisted conception varies depending on the type of treatment you receive and the clinic you use. However, overall, IVF and assisted conception are expensive procedures.

The average cost of a single IVF cycle is between \$10,000 and \$15,000. The cost of multiple cycles of IVF can be even higher.

What are the emotional challenges of IVF and assisted conception?

IVF and assisted conception can be emotionally challenging for both you and your partner. You may experience a range of emotions, including:

- Hope
- Anxiety
- Disappointment
- Grief
- Guilt

It is important to remember that you are not alone. There are many resources available to help you cope with the emotional challenges of IVF and assisted conception.

How can I get support during my IVF or assisted conception journey?

There are a number of ways to get support during your IVF or assisted conception journey. You can:

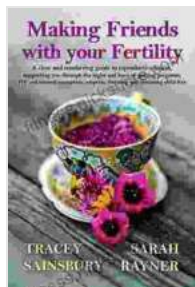
- Talk to your doctor or fertility specialist
- Join a support group
- Talk to a therapist or counselor
- Read books or articles about IVF and assisted conception

- Connect with other people who are going through IVF or assisted conception

Getting support can help you to cope with the emotional challenges of IVF and assisted conception and increase your chances of success.

If you are considering IVF or assisted conception, it is important to do your research and talk to your doctor. IVF and assisted conception are complex procedures with a variety of risks and benefits. It is important to make sure that you are fully informed before you make a decision about whether or not to pursue these treatments.

Remember, you are not alone. There are many resources available to help you through your IVF or assisted conception journey.



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