



## What is fertility treatment?

This factsheet describes fertility treatment options. Ask your doctor about the best options for you.

Fertility treatments are used:

- for people who can't become pregnant, carry a pregnancy or give birth
- to reduce the chance of a baby being born with a genetic disease or abnormality
- to preserve fertility.

### Simple fertility treatments

#### Ovulation induction (OI)

OI can be used if a woman is not ovulating (releasing an egg) regularly. It involves:

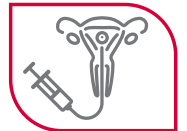
- taking a hormone medication (tablets or injections) to stimulate ovulation
- checking progress with ultrasound
- having an injection to trigger ovulation
- having sex just before ovulation.



#### Artificial insemination (AI)

AI is sometimes called intrauterine insemination (IUI). It involves:

- putting sperm into a woman's uterus at or just before ovulation.



### Complex fertility treatments

More complicated fertility treatments are known as assisted reproductive technology (ART) treatments.

#### In-vitro fertilisation (IVF)

IVF involves:

- hormone injections to stimulate the ovaries to produce several eggs
- egg collection during a short surgical procedure
- adding sperm to the eggs to form embryos
- embryo transfer (an embryo is placed in the uterus)
- pregnancy test two weeks after embryo transfer
- if the test is positive, an ultrasound two weeks later to check the pregnancy.

If there is more than one embryo, they can be frozen and used later.

#### Intracytoplasmic sperm injection (ICSI)

ICSI is the same as IVF, but more expensive because a single sperm is directly injected into each egg.

ICSI is used to overcome sperm problems (male factor infertility).

#### Preimplantation genetic testing (PGT)

PGT can be used by people who are at a high risk of passing on a genetic condition to their children.

It involves a few cells from an embryo to check they are normal. Only normal embryos are transferred.



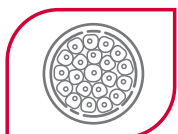
#### Using donor sperm

Some people need sperm from a donor to have a baby. Donor sperm can be used for donor insemination (the same process as for AI) or in IVF.



#### Using donor eggs

Some women need eggs from a donor to have a baby. The egg donor has hormone injections to produce several eggs and the eggs are collected during a short surgical procedure. Sperm are added to the eggs to form embryos. The recipient woman takes hormones to make her uterus ready for embryo transfer. If a pregnancy occurs, the hormone treatment continues for another 8-10 weeks.



#### Using donor embryos

Some people donate frozen embryos that they don't need. The recipient woman takes hormones to make her uterus ready for embryo transfer. The embryos are then thawed and transferred. If a pregnancy occurs, the hormone treatment continues for another 8-10 weeks.



#### Surrogacy

In surrogacy a woman (the surrogate) carries a child for another person or couple (intended parents(s)). The surrogate plans to give the child to that person or couple after birth.

