

The most important things during stimulation

- Take time for yourself, treat yourself to some relaxation.
- Take folic acid and any other medicines prescribed.
- Tell your doctor if you or a close relative has had a thrombosis or pulmonary embolism.
- Before any appointment, check whether it will take place in our centre in Basel or Olten.
- The entire fertisuisse team will be looking after you during the whole treatment, and your trusted physician will always be informed about the different steps and available to help you if needed.



Your appointments

APPOINTMENT	DESCRIPTION	2	2	4
	Start of stimulation			
	Menstrual period expected			
	Repeated ultrasound examinations and blood tests			
	3 Triggering ovulation			
	Egg collection 35 to 37 hours later			
	Embryo transfer			
	Ultrasound examination			
	Pregnancy test			

Support of the corpus luteum phase:
 Utrogestan® 200 mg 3x daily vaginally
 Crinone® 8 % 1x daily vaginally
 Injections with Prolutex® 1x daily subcutaneously



THE IVF/ICSI cycle – explained step by step

In this brochure you will find a detailed description of the 4 main phases of in vitro fertilisation. Please read this brochure carefully and bring it with you to each appointment so that we can add further details to it. We wish you all the best and a great success!

For urgent medical questions outside the opening hours you can reach us at +41 79 552 05 31.



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Your trusted physician: _____

1. Preparation/synchronisation

Duration: 7 to 21 days 

Your treatment should take place under the best conditions and at the right time. You should therefore take a hormone compound for a short time to prepare your ovaries for stimulation (preparation/synchronisation phase).

You should already be taking a folic acid supplement during synchronisation. It is important that you follow our instructions and do not hesitate to contact us if you have any questions or side effects.

Booking: call at the beginning of menstruation to make an appointment.
Phone Olten: +41 62 287 20 00
Phone Basel: +41 61 287 30 00

Please let us know when your menstrual period begins by phone or email. **You will be promptly given an appointment, which must take place 18 to 23 days later.** At this appointment, an ultrasound examination is usually performed and the start of stimulation is determined.

CHECKLISTS:

- IVF/ICSI consent/cost sheet
- PGT informed consent, if this procedure is desired
- Registration for transfer acupuncture (TAP), if this procedure is desired



Please use the checklist to make sure that you have received and signed all the documents for the treatment.

Medication: _____

Dose: _____

Start: _____ End (including): _____

2. Ovarian stimulation

Duration: 10 to 14 days 

During stimulation you inject a hormone preparation under the skin. You can administer these injections yourself, you will learn this at the "Spritzenschule" in Olten. It is important that you inject the stimulation drugs correctly and at the right time. A specialised practice assistant will explain to you exactly how this works.

The follow-up appointments last about 20 minutes and you will have approximately 4 to 5 appointments.

The stimulation process is individual. We therefore carry out multiple ultrasound and blood tests. We will contact you in the afternoon to inform you about dose changes and to arrange the next appointment. Stimulation usually takes place over a period of about 12 days (see chart on the back).

We will inform you about the next procedure after each appointment between 3 and 5 pm by SMS. Please contact us if you have not heard from us by 5 pm.

Spritzenschule: _____
(Duration approx. ½ hr. including training and provision of medication at the fertisuisse centre in Olten)

Start of stimulation: _____

Estimated time of egg collection between: _____ and: _____

Medication for stimulation (Injection between 5 and 7 pm):

Medications to prevent premature ovulation (Injection in the morning up to and including the day when ovulation is triggered):

Medication to trigger ovulation: _____

We contact you after each appointment between 3 and 5 pm. Please make sure that we can reach you!

3. Egg collection

Duration: 4 hours 

After about 10 to 14 days, the follicles will have become large enough to trigger ovulation. At this point we stop the medication for stimulation. 35 to 37 hours before the egg collection, you will inject a medication under the skin to trigger the ovulation process.

On the day of the egg collection, please come to the fertisuisse centre in Olten with an empty stomach. On this morning, your partner will also give sperm at Olten. For optimum sperm quality, your partner should not have ejaculated in the 2 to 5 days prior.

During egg collection, the eggs are sucked out of the follicles. To ensure that this procedure is painless, you will be sedated by our anaesthesia team.

The mature eggs are fertilised with your partner's sperm in our cleanroom laboratory. Following egg collection, you will stay with us for about 1 to 2 hours for monitoring. On this day you should be accompanied, not work and not drive a vehicle.

The luteal phase (corpus luteum phase) begins on the day of egg collection. From this point on, the lining of the uterus is prepared for implantation of the embryo.

Insert the prescribed medication (e.g. Utrogestan®) into the vagina like a tampon. The medication will dissolve, which can cause discharge. The active component is nevertheless absorbed into the body.

Triggering ovulation with medication: _____

on: _____ at: _____

Egg collection 35 to 37 hours after ovulation. Egg collection always takes place at our centre in Olten. Come with an empty stomach (no breakfast, no drinks). You will be with us for about 2 hours.

On the morning of the egg collection, your partner will provide us with sperm (following 2 to 5 days of not ejaculating).

On this day you should be accompanied, not work and not drive a vehicle.

4. Embryo transfer and luteal phase

Duration: 14 days 

After egg collection, all the eggs are treated by IVF/ICSI. According to the law, a maximum of 12 fertilised eggs may be cultivated up to the blastocyst stage (after 5 to 6 days). All others are frozen the day after egg collection. We use the highest technological level of embryo culture (time-lapse culture), which makes it easier to assess the development potential of the embryos.

Embryo transfer usually takes place 5 days after egg collection in Olten. We advise you to transfer a single embryo. In some cases, for medical, organisational or other reasons, embryo transfer does not take place after egg collection, but instead all viable embryos are frozen ("freeze all"). Embryo transfer then takes place as part of a "thawing cycle".

Please come for embryo transfer with a full bladder. This works best if you relieve your bladder one hour before the appointment and then drink half a litre of water. Embryo transfer is not painful.

Transfer acupuncture: On request, you can be treated with acupuncture 45 minutes before and after the embryo transfer.

For couples who want PGT (Preimplantation Genetic Testing) and/or double stimulation, the embryo transfer will take place at a later date.

After the embryo transfer, we advise you to carry out your usual activities and create pleasant distractions. You should avoid alcohol and nicotine completely. Moderate sport is allowed (see "General recommendations" flyer). The pregnancy test is carried out at the earliest 14 days after the egg collection by means of a blood test.

Embryo transfer 5 days (usually) after egg collection.

Please come with a full bladder!
The embryotransfer will take place in our center in Olten.

Medication: _____

Dose: _____

Pregnancy test at our clinic: _____

MENSTRUAL PERIOD



18 to 23 days after the start of your period:
PREPARATION/SYNCHRONISATION for about 7 to 21 days

MENSTRUAL PERIOD shortly before or after
Start of stimulation expected



OVARIAN STIMULATION
approx. 10 to 14 days



OVULATION



EGG COLLECTION
35 to 37 hours after ovulation

EMBRYO TRANSFER
5 days after egg collection



PREGNANCY TEST
14 days after egg collection

