



CANBERRA FERTILITY CENTRE

INFORMATION BOOKLET CLINIC PROCEDURES



CANBERRA FERTILITY CENTRE

SUITE 9, LEVEL 2
CLINICAL SERVICES BUILDING
JOHN JAMES HEALTH CARE CAMPUS

173 STRICKLAND CRESCENT
DEAKIN ACT 2600

PO BOX 228 CURTIN ACT 2605

Telephone: 02 6282 5458

Facsimile: 02 6281 2087

Hours of Business

General Hours:

Monday to Friday: 7:30am to 4:00pm

Saturday and Public Holidays: 7:30am to 1:00pm

Sunday: closed

Blood Tests, Injection Assistance & Supplies:

Monday to Saturday: 7:30am to 9:00am.

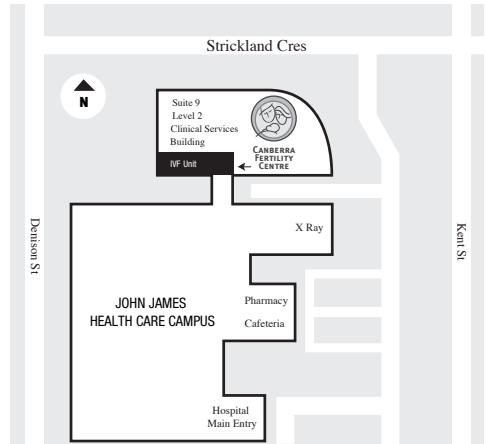
Ultrasounds:

Monday to Friday 7:30am to 9:00am by appointment only.
(NB: no ultrasound services operate on Public Holidays).

Test results:

Monday to Friday 2:00pm to 3:00pm

Saturday and Public Holidays 12:00noon.



www.canberrafertilitycentre.com.au

CANBERRA FERTILITY CENTRE

Assessment of Infertility.

It is a natural desire to have children in all societies and cultures. For most couples who decide to have a child, conception and pregnancy may occur within a few months. For couples who have a known physiological problem or have been trying for a long time, it is worthwhile seeking advice, investigation and assistance to maximise your chances of achieving a pregnancy.

It is estimated that 10 to 12 per cent of Australian couples have fertility problems. To find a reason for your infertility and help achieve a pregnancy, it is necessary to look at male and female partners as infertility is a shared concern wherever the problem may reside.

Assessing the female is done by tracking blood hormone levels for one month (cycle) to assess that ovulation is occurring. You will also require a transvaginal ultrasound to check that the pelvic organs are normal.

1. Make sure you have a clear idea of the type of treatment you are undertaking i.e.: ovulation tracking, ovulation induction, donor insemination (AID) or insemination with partner's sperm (AIH). If you are unsure, then contact the *nurse coordinator or your doctor*. If you are having AID/AIH treatment, you must attend a consent form signing appointment before you can commence treatment. If you are having AID you must attend a counselling and donor selection appointment before commencing your cycle.

2. Payments.

Patients having AID/AIH treatments must organise to make all prepayments by Day 1 of the treatment cycle or at the time of collecting medications.

3. Day 1. This is the first day of your period. If your period starts in the morning, count that as Day 1. However, should it start in the afternoon or evening then the next day is Day 1. Please note that Day 1 is only when a proper red bleed has commenced as opposed to a light discharge or spotting. Contact the clinic (02 6282 5458) to discuss with a nurse coordinator if you need to start medications.

4. Tracking for Ovulation.

Your hormone levels will be checked on a regular basis throughout your cycle. Tracking is done in the form of blood tests and trans vaginal ultrasounds. Blood tests will continue after ovulation to determine if a pregnancy has occurred. All these tests are performed at the Canberra Fertility Centre.

- 5. Blood Tests.** Are done at Canberra Fertility Centre from 7:30am and generally start on Day 8 of your cycle. *Please be here before 9:00am.* Appointments are not required. When you arrive for a blood test you need to complete a black and white form for your doctor and also complete and sign a yellow Medicare form, with your name, address and date of birth. **Please bring your Medicare card.** If you are having difficulty completing these forms, please ask a staff member for assistance. When you have completed the forms put them in the trays provided on the reception counter. Take a seat and you will be called by a staff member. **Please eat a normal breakfast , including fluids, before giving blood.**
- 6. Ultrasounds.** An appointment is required for ultrasound measurements. Appointments commence at 7:30am Monday to Friday mornings. Please phone the Canberra Fertility Centre on 6282 5458 for an appointment time. Please arrive **10 minutes** before your scheduled appointment time. Please contact the clinic if you are running late. All ultrasounds are performed using a vaginal probe and are performed by the specially trained staff. **Please make sure you have an empty bladder for this procedure.** If you are delayed or unable to attend, please contact us so that your appointment can be rescheduled. When you arrive, complete the appropriate Medicare form, take a seat and your name will be called when it is your turn. The Sonographer will then ask you for the Medicare form. You will be asked to remove some of your clothing so that the scan can be performed. It is not too dissimilar to having a PAP smear. If there are large numbers of follicles you may be asked to assist in recording them. If you are also having a blood test and you haven't been called before your ultrasound, your blood test forms will be put to one side, and you will be called when your ultrasound scan is completed. You may be required to have several scans during your cycle. (Appendix 1).
- 7. Results.** Please phone Canberra Fertility Centre between 2:00pm and 3:00pm Monday to Friday or between 11:30am and 12:00noon and at 12:00noon on Saturdays and public holidays, for your results and for further instructions. It is important to phone at these times as you may need to return that afternoon for further medication or treatment. Please ensure you are contactable by phone during your treatment. A contact number with a message bank attached would be advantageous. The nursing staff will try to contact you before closing time if you have not phoned. However, if you are unable to be contacted before the Canberra Fertility Centre has closed **do not** contact John James Hospital. In this situation, phone the Canberra Fertility Centre after 7:30am the following morning to obtain instructions.
- 8. Medications.** If your Doctor has asked you to use injections of *Gonadotrophins* (eg. Puregon or Gonal-F), these may commence on Day 2 or 3 of your cycle. Injections are given from 7:30am to 9:00am at the Canberra Fertility Centre. *Please be here before 9:00am.* Appointments are not required. When you arrive, write your name in the diary on the reception counter. You do not need to complete any forms. Information about medications will be given to you when you first start injections. A teaching session and DVD are part of your instructions on injection use and care. (Appendix 2).

9. Ovulation Induction (OI).

If you are to have an ovulation induction cycle then some form of stimulatory drugs are used, either Clomid/Serophene or gonadotrophins. (Appendix 2).

- **Clomid/Serophene** (Tablets) You need a prescription from your doctor. Make sure you obtain this at least two weeks prior to commencing the treatment. The John James Hospital Pharmacy has Clomid/Serophene, however, most other pharmacies do not carry Clomid/Serophene in stock and you may have to wait several days before you can collect it.
- **Gonadotrophins** (Injections of Puregon or Gonal-F) Unless you are having AIH/AID cycles, you need a prescription from your specialist doctor. Allow at least ten working days to obtain this prescription. As the gonadotrophins are not readily available from pharmacies, allow at least five working days for the prescription to be filled. However, the John James Hospital Pharmacy has gonadotrophins in stock at all times. The Pharmacy is open 8:30am to 5:30pm Monday to Friday (phone 6281 8126).

Gonadotrophins are administered by injection and you must contact the Nurse Coordinator at the Canberra Fertility Centre (phone: 6282 5458) to organise this. A DVD can be borrowed from the clinic library to prepare you for a teaching session. The Nurse Coordinator will instruct you on how to administer the injections so they can conveniently be administered at home. (Insemination patients do not require a prescription as medications are available from the Canberra Fertility Centre for these procedures only).

- **Ovidrel or Pregnyl** (Trigger Injection) Unless you are having AIH/AID cycles, you need a prescription from your doctor. Allow two weeks to get this prescription filled, but you do not need it to start treatment. It will be needed approximately two weeks after treatment commences (prior to ovulation). These drugs are **not readily available from most pharmacies**, except from the John James Hospital Pharmacy.

10. Progesterone Pessaries or Crinone Gel.

Progesterone is often prescribed by your doctor. Progesterone comes as vaginal pessaries or gel and is **only** available from Canberra Fertility Centre. Vaginal pessaries are sold in sealed jars of 15 and Crinone can be purchased singularly. If your doctor requests that you use progesterone you must make sure you can obtain supplies before the centre is closed as supplies are not available from the John James Hospital Pharmacy. If you cannot collect supplies before the clinic closes then phone the clinic to make a special arrangement to collect them after hours. .

Please Note: There are no refunds on these temperature sensitive medications.

11. Semen Collection.

An appointment is required for collection of semen for analysis or preparation. Please phone the Canberra Fertility Centre on 02 6282 5458 for an appointment time. Semen analysis or cryopreservation (freezing) are **NOT** carried out on Saturdays or Public Holidays. When you arrive, please report to reception and an Andrologist will attend to you and you will be asked to complete some paperwork. Please bring your Medicare card or defence referral number with you. (Appendix 3).

12. Artificial Insemination with Husband's or Partner's Sperm (AIH).

Treatment is timed for just prior to expected ovulation. Ensure your partner is easily contactable during your cycle. Treatment is carried out at the Canberra Fertility Centre by the Nurse Coordinator on duty. You will be given an appointment time for your partner to attend the Canberra Fertility Centre to provide a semen sample, and an appointment for you and your partner to attend to have the insemination treatment. Usually advance notice of the appointments is provided when you telephone for your blood and ultrasound test results, as sometimes we need to contact you to arrange insemination treatment to be done on the same day. Please arrive 10minutes prior to the appointment time.

13. Donor Insemination (AID).

Treatment is timed for just prior to expected ovulation. Treatment is carried out at the Canberra Fertility Centre by the Nurse Coordinator on duty. You will be given an appointment time for you and your partner to attend the Canberra Fertility Centre to have the insemination treatment. Usually advance notice of the appointments is provided when you telephone for your blood and ultrasound test results, as sometimes we need to contact you to arrange insemination treatment to be done on the same day. Please arrive 10 minutes prior to the appointment time.

14. Country Patients.

If you live in the country and you need to send blood samples then you must organise through the Canberra Fertility Centre to obtain the correct packaging material. Failure to correctly package blood samples for transport can lead to the courier refusing to transport the sample or prosecution. Please contact at the Canberra Fertility Centre to obtain the correct packaging material.

APPENDIX 1

ULTRASOUND INFORMATION

What is ultrasound?

Ultrasound creates images of the human body by sending high frequency sound waves into the area of interest and receiving echoes returning from the tissues. The sound waves are sent through a transducer (the part of the ultrasound system that touches you). The transducer is usually placed on the abdomen or pelvis to obtain diagnostic images.

The closer these sound waves are to the area of interest, the clearer and more detailed the resulting images. Because the uterus and ovaries lie deep beneath the abdominal surface, it can be difficult or impossible to obtain clear images of details only a few millimetres in size. The vaginal transducer brings the ultrasound beam very close to the uterus and ovaries, making it much easier to obtain detailed images. Thus, your doctor can often obtain more information from a vaginal scan than from scanning through the abdomen.

What will the examination be like?

You are probably wondering what an ultrasound examination with the vaginal transducer will be like. You need not be nervous about the examination being uncomfortable. In fact, most women find it more comfortable than an abdominal pelvic scan. It feels a little like a pap smear.

If you have been scanned with a transducer placed on the skin to the pelvis, you probably had to drink several glasses of water so your bladder would be fully distended during the examination. A full bladder is necessary to keep any bowel out of the ultrasound image since ultrasound does not “see” through bowel gas.

You were probably quite uncomfortable by the time the examination was complete. And it may have taken longer than it would have if your ovaries or uterus were closer to the ultrasound beam, where pictures would have been easier to obtain and interpret.

Many patients prefer examinations with the vaginal transducer because a distended bladder is not required. The transducer is only about 2.0cm in diameter, and just the first 5 or 8cm, covered with a latex free sheath, are inserted into the vagina. As a result, it is more comfortable and less time-consuming than having an abdominal ultrasound scan.

How does the vaginal transducer improve health care for women?

One special benefit of this new transducer is for women with infertility problems who are interested in Assisted Reproductive Programs. Before the vaginal transducer was available, many women were not accepted in these programs because their ovaries could not be adequately monitored using abdominal scanning. The vaginal transducer can more closely evaluate their ovaries, making many more women eligible for Assisted Reproductive Programs.

The vaginal transducer can be used for many other types of examinations as well. These include checking for ectopic (tubal) pregnancies, evaluating first trimester pregnancies, and examining the ovaries of post-menopausal women for ovarian cancer.

APPENDIX 2

MEDICATION INFORMATION

Many medications are used for fertility treatment cycles. This information sheet includes the recommended storage for some commonly used medications and important points for self-injection.

STORAGE:

Room Temperature (Below 25°C)

- Clomid
- Serophene
- Metformin
- Progynova
- Synarel Nasal Spray (GnRH)
- Crinone (Progesterone Gel Applicators)
- Cetrotide
- Orgalutran

Refrigerate (2°C to 8°C)

- Puregon Pen and Puregon cartridges (FSH)
- Gonal-F Pen (FSH)
- Lucrin (GnRH)
- Ovidrel (hCG)
- Pregnyl (hCG)
- Progesterone Pessaries

Freezer

- Ice brick for your esky

Please return your esky and yellow sharps container when you have completed your therapy so they can be disposed of correctly.

SIDE EFFECTS:

Common side effects are listed on the medication leaflets provided with the medications and your doctor will have already discussed these with you. Ovarian Hyperstimulation Syndrome (OHSS) is a potentially serious side effect of fertility medication. Please read and take note of the information provided with your medication and from the clinic about OHSS. If you have questions or concerns at any stage about side effects please speak to the nurse coordinator. You must contact the nurse coordinator if you experience any of the following:

Nausea	Abdominal pain
Vomiting	Abdominal bloating
Diarrhoea	Breathlessness
Severe Headaches	Difficulty passing urine

GENERAL HEALTH AND WELLBEING:

It is a good time to readjust your diet and lifestyle. Meals should consist of the five food groups and include plenty of fruit and vegetables. Please eat a normal breakfast before attending the clinic for your blood tests and ultrasounds. This is the best time to take your daily folate (folic acid) tablet. Adjust your activities so that you get plenty of rest and sleep, as many women find the process and medication side effects tiring and emotionally draining.

- Continue regular exercise but this is not a good time to start a new strenuous sporting program.
- Reduce tea and coffee intake and avoid smoking and alcohol at this time.
- Drink approximately 2 litres of water each day to counteract the dehydrating effects of the medications. Fruit juice and sports drinks such as Gatorade can be partially substituted if you experience headaches.
- Report any illness to the nursing staff during your treatment cycle.

PUREGON AND GONAL-F INJECTIONS

Self administration allows you to give the injections in the privacy and comfort of your own home. Your partner may also wish to be involved. It is very important that you store and administer the injections correctly. Listed here are some general points and the nurse coordinator will give you more specific instructions for your cycle and medication dose.

Administration:

- Choose a dedicated time and place to give your injection. Please tell nursing staff if you choose to give your injection in the evening.
- Wash your hands, use a clean surface and once started complete the procedure without interruption.
- Record your daily dose on the chart provided.
- Self inject using the technique shown to you by the nurse coordinator.
- Report any local reaction or technical problems with the pen.
- Refrigerate the capped pen. Keep the ice brick in the freezer.

Clean Up:

- Put sharps in the sharps bin provided and return to the Canberra Fertility Centre for disposal.
- Dispose of other rubbish in your bin.

Amount of Medication:

- Throughout your cycle you may require more medication. Please ensure that you do not run out of medication.
- If your cycle medications have been provided through the Canberra Fertility Centre please bring the esky and ice brick to the clinic between 7.30am and 9.00am daily, write your name in the medication book on the front counter and a nurse will attend to you.
- If you have obtained your medications using a prescription from your doctor you must arrange to get a repeat prescription ahead of time.
- The hospital pharmacy will stock your drugs but is only open Monday to Friday. It is not advisable to obtain these prescriptions through your local Pharmacy.

Return:

- At the end of your cycle please return all supplies, including the esky, sharps container and DVD, to the clinic. If you have used the Puregon Pen please empty out any cartridges, place these in your sharps container, and keep the pen for future use. The Gonal-F Pen is not re-usable, so at the end of your cycle please place it in your sharps container and return the sharps container to the clinic.
- A pen or cartridge that has been partially used in one cycle, should not be used in a subsequent cycle as the drug deteriorates after being opened more than 14 days. Any unopened medication should be stored in the refrigerator until next cycle.

APPENDIX 3

SEMEN COLLECTION INFORMATION FOR ANALYSIS, ARTIFICIAL INSEMINATION (AIH) AND IVF

INTRODUCTION

The analysis of a man's semen is easy, cheap, and not too inconvenient and tells the doctor immediately;

1. The number of sperm present (total count),
2. Whether they move (their motility) and if so how well,
3. What they look like (their morphology), and
4. The vitality of sperm (number actively moving).

Other aspects of the examination include the volume and consistency of the ejaculate produced.

When the results of this data are collated an assessment of a man's potential fertility can be given. Frequently, more than one analysis is required, since the testes are a very sensitive indicator of general health and, as sperm are produced over a ten-week period, many factors can effect their production. Apart from azoospermia (no sperm present) no single measured parameter of a semen analysis in an individual is indicative of fertility - it is the assessment of a combination of factors, including your background health, that enable an overall prognosis to be made.

APPOINTMENTS

> Semen analysis

Semen analysis appointments are available from Monday to Friday, between 7:30am to 11:30am.

Please ensure that an appointment has been made, as your sample may not get processed necessitating a repeat sample.

> AIH preparation

The laboratory is open for semen preparation everyday, and an appointment will have been made approximately two hours before AIH treatment time. Sometimes, you may have only an hour's notice as to when you are needed to provide a sample. This depends on when your partner is ovulating, so we regret not being able to give you more notice!

> IVF/ICSI preparation

For IVF/ICSI preparation, you will be given an appointment time within two hours of the estimated time of egg pick-up. If necessary, we can arrange an earlier time to suit.

COLLECTION

Some important information regarding the collection of a semen sample includes:

> The Sample

The sample should be collected in a sterile plastic container, which the Canberra Fertility Centre will provide. However, you can also obtain sterile containers from your local pharmacy or doctor's surgery.

> Method of collection

Studies have shown that best results are obtained when the specimen is collected by masturbation (self-stimulation). Coitus interruptus or withdrawal just prior to ejaculation is an alternative method, however if this method is used, then a "seminal collection device" (a condom type sheath without lubricants) must be used. The "seminal collection device" can be purchased from the Canberra Fertility Centre for \$25 each. Samples collected in a semen collection device must be enclosed in the specimen sample bag provided or alternatively placed in a 50ml sterile container. Failure to properly package the sample prior to delivery will result in the sample being disposed of and necessitating the collection of another sample.

All lubricants are potentially toxic to sperm. *Please do not use any lubricants e.g. KY jelly or Vaseline.* All condoms have lubricants that are toxic to sperm, therefore condoms must not be used. It is important to make sure you have washed your hands prior to collecting the sample.

> Where can I produce the sample?

We have a special room here at the Canberra Fertility Centre that is used for producing the semen sample. We do prefer that you use the room, as it enables us to put the sample into the incubator (and thus maintain the temperature) as soon as it is produced. However, if arrangements have been made to collect the sample at home, the sample must be transported to the clinic within 60 minutes of collection. Please remember that an appointment is required. During transportation, the sample must be kept as close to body temperature as possible, usually carried next to the skin and wrapped in aluminium foil (to avoid exposure to the light). Failure to maintain the sample as per this instruction can lead to the sample integrity being seriously compromised and result in the sample being unusable.

> What is the room like?

While it is not as comfortable as your own room at home, the room has some chairs and some adult magazines are also available. A sink is also in the room for you to wash your hands, prior to producing the sample.

You are required to fill in a slip of paper regarding the collection of the sample. The reasons for these are shown opposite:

QUESTION	REASON
Time of collection	Changes in sperm may occur according to the period from collection to analysis.
Prior abstinence	Will affect seminal volume and sperm numbers. It is ideal to abstain for 2-3 days but no more than 5 days.
Spillage – first part	Sperm numbers reduced.
Spillage – second part	Seminal volume reduced.

You are also required to fill in some identification including your date of birth, and partner's name.

If you have any questions regarding this information sheet, please speak to your specialist, or a staff member at the Canberra Fertility Centre, on telephone 02 6282 5458.

CANBERRA FERTILITY CENTRE

List of information brochures

WHAT IS ACCESS?
ASSISTED HATCHING
BABIES VS CAREER
CETROTIDE and ORGALUTRAN
COUNSELLING SERVICES
ECTOPIC PREGNANCY
EMOTIONAL RESPONSES TO INFERTILITY
ENDOMETRIOSIS
FACT SHEETS FOR RELATIVES AND FRIENDS
FERTILIZATION
HOW MANY EMBRYOS SHOULD I HAVE TRANSFERRED?
LIFESTYLE FACTORS & INFERTILITY
MEDICATION INFORMATION
INFERTILITY AND SEXUALITY
MISCARRIAGE
NON IVF PATIENT INSTRUCTION SHEET
OESTRADIOL IN OOCYTE
OOCYTE DONATION
OVARIAN HYPERSTIMULATION SYNDROME (OHSS)
POST COITAL TEST (PCT)
PREGNANCY FACT SHEET
PRIVATE SPERM STORAGE
PROGESTERONE PESSARIES
SEMEN COLLECTION FOR ANALYSIS, ARTIFICIAL INSEMINATION (AI) AND IV F
SMOKING AND CONCEPTION
SURGICAL SPERM COLLECTION (SSC)
SURROGACY INFORMATION
TUBAL DISEASE AND MICROSURGERY
ULTRASOUND
UNEXPLAINED INFERTILITY

List of fee brochures

CANBERRA FERTILITY CENTRE EXPLANATION OF FEES
EXPLANATION OF FEES IVF AND FET FOR SURROGACY PROCEDURES
EXPLANATION OF FEES RECIPIENT OF DONOR EMBRYOS
EXPLANATION OF FEES (DONOR OOCYTE PROCEDURES) RECIPIENT OF DONOR OOCYTES
EXPLANATION OF FEES RECIPIENTS OF DONOR SPERM
NON MEDICARE FEES

List of information books

CANBERRA FERTILITY CENTRE INFORMATION BOOKLET
CLINIC PROCEDURES BOOKLET
SEMEN DONOR INFORMATION BOOKLET
SURROGACY INFORMATION BOOKLET

Websites

The following websites contain helpful information:

www.nhmrc.gov.au – Ethical Guidelines

Parentage Act 2004 – Legal Issues

www.dcsq.org.au

www.xyandme.com

www.dcnetwork.org

These three have DVDs and books for adults and children.

