

Fertility Treatment at GIVF



GENETICS & IVF
Institute

*Life begins at the
Genetics & IVF Institute*





Welcome to the Genetics & IVF Institute

Deciding to consult a fertility specialist is an important milestone in your journey towards parenthood. Fertility treatment can be emotionally and physically stressful, but it can also open up a world of options and can bring new hope to many who are struggling to conceive.

At GIVF our goal is to be partners in your care. Our experienced and dedicated staff of physicians, nurses and embryologists works to anticipate your needs and respond to them quickly, professionally and warmly.

This welcome packet is designed to provide you with important information as you consider fertility treatment. We invite you to explore our program and welcome any questions you may have. Please feel free to contact us at [\(800\) 552-4363](tel:8005524363) or access additional information online at www.givf.com.

Each year since 1984 the Genetics & IVF Institute has been helping couples from around the world to realize their dream of having a baby. It is our sincere wish that you will be our next success story.

When should you consider seeing a fertility specialist?

If you are under 35 years old and have attempted to become pregnant for one year or more

If you are over 35 years old and have attempted to become pregnant for six months or more

If you have had four or more unsuccessful cycles with Clomid®

If you are in premature menopause naturally or as a result of chemotherapy or surgery

If you have been told you will need assistance to conceive due to hysterectomy, blocked tubes, uterine damage, egg quality issues or problems with ovulation

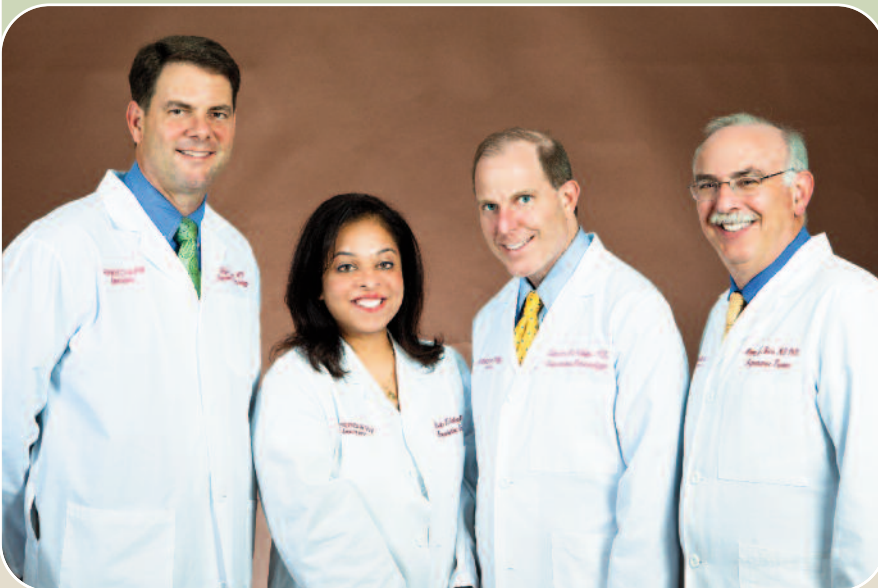
If you wish to have a baby after surgical sterilization such as tied tubes or vasectomy

If you have had two or more miscarriages

If you have a family history of genetic disease such as chromosomal translocation, Huntington disease, Spinal Muscular Atrophy, sickle cell anemia or cystic fibrosis

If you have an FSH level of 10 or higher.

“My doctor was very patient, understanding and sympathetic to my particular situation and offered every type of help and assistance available. Thanks!”



“As soon as I walked into the waiting room at GIVE, I realized this was a different type of clinic. It evoked a sense of home and comfort with the comfortable couches and chairs, the refreshment station, and the running water from the fish tank. I thought “these folks really ‘get it’” and I was proven right time and time again.”



Why should you have your infertility treatment at GIVF?

GIVF is a leader in the treatment of infertility. Founded in 1984, our pioneering work has led to the development and implementation of new technologies and methods to overcome both female and male infertility.

We strive to make each patient feel comfortable from the moment they walk through our doors. Our beautiful and spacious clinic provides discretion and confidentiality. Patients can relax in private recovery rooms.

GIVF is the only clinic in the United States with its own in-house donor sperm and donor egg programs. In addition, we are the only local IVF clinic that provides genetic testing and counseling in conjunction with its resident PGD (preimplantation genetic diagnosis) and molecular genetics laboratories. All of these services under one roof means that your care is never “outsourced.”

The unique combination of cutting edge science and personal touch is what sets GIVF apart. We understand that the best medicine and truly innovative science never loses sight of the fact that our patients’ personal experience is ultimately what matters most.



“The staff was cheerful and supportive and always kind. They were also immediately available in most cases, or would email within minutes of questions being raised. Having been with two other large facilities it was a relief and joy to be treated kindly and right. Thank you.”

Our Clinical Team

The physicians at the Genetics & IVF Institute are board-certified in reproductive endocrinology or medical genetics. In addition to years of clinical experience helping thousands of patients to conceive, each of our physicians are now or have been faculty members at some of America’s leading medical schools.

Our reproductive endocrinologists are backed by a team of highly experienced and dedicated nurses. Together they work closely to provide continuity of care throughout the treatment process. The medical staff is personally invested in each patient and works diligently towards a positive outcome.

We understand our patients are placing their hopes and dreams in our hands.



Our IVF Lab

In the twenty-seven years since GIVF was established as the first outpatient fertility clinic in the United States, GIVF developed or was an early adopter of technologies that went on to become industry standards. GIVF now continues this tradition with elective oocyte cryopreservation (egg freezing).

Employing state-of-the-art equipment in a newly configured lab our embryologists employ laser-based micromanipulation for assisted hatching and embryo biopsy.

GIVF's embryologists work closely with your reproductive endocrinologist. You can be assured that the fertilization, development and selection of embryos for transfer will be performed at the highest level of professional excellence.

Patients can have confidence that GIVF's expert team of embryologists can help turn their dream of having a child into a reality.





Overcoming Infertility

There are many possible reasons why you may be having difficulty conceiving. Your diagnostic assessment will involve an evaluation of the factors that contribute to fertility: egg quality, sperm quality, structural aspects of the fallopian tubes and uterus as well as hormone levels, infectious disease or genetic testing.

Your physician will make a treatment recommendation based on your personalized diagnostic evaluation. Fertility treatment options run the spectrum from no intervention other than timed intercourse to advanced reproductive technologies such as intrauterine insemination (IUI) or in vitro fertilization (IVF). Sometimes IUI or IVF therapies are used in conjunction with donor egg or donor sperm. All of your testing will be prescribed based on the detailed history that the doctor takes at the time of your initial consultation.

Intrauterine Insemination (IUI)

Also known as artificial insemination, intrauterine insemination is one of the most common assisted reproductive technologies. The woman's cycle is monitored using ovulation predictor kits at home or ultrasound and blood tests in the office. Fertility medications are sometimes used to enhance ovulation. At the time of ovulation, her husband or male partner produces a semen specimen which is prepared and inserted through the cervix into the uterine cavity. The IUI procedure allows the sperm to be placed in closer proximity to the egg as it descends from the ovary through the fallopian tube.

In Vitro Fertilization (IVF)

For pregnancy to occur, an egg must be fertilized with a sperm. When fertilization happens inside the body, it is called *in vivo* fertilization. When fertilization happens outside of the body, it is called *in vitro* fertilization, or IVF. In an IVF cycle, medications are used to stimulate the concurrent development of multiple eggs. The medications used in an IVF cycle are administered by subcutaneous injection. The patient or her partner will learn how to mix and administer these injectable medications themselves. (A typical IVF cycle involves taking injections for about two weeks before egg retrieval. Additional injections after the egg retrieval may be prescribed, though non-injectable forms of medication are available after the point of egg retrieval.)

To monitor the development of eggs, reproductive endocrinologists employ ultrasound examinations and blood testing. The ultrasounds are a painless method of imaging the enlarging follicles. (Follicles are the fluid-filled sacs in the ovary which contain the eggs.) Blood work is done frequently during a treatment cycle to measure hormone levels in order to obtain the optimum response from the IVF medication.

When the follicles are large enough to indicate that the eggs inside are mature, the egg retrieval is scheduled. The egg retrieval is performed safely and efficiently by a board-certified reproductive endocrinologist during an in-office procedure. The eggs are collected under ultrasound guidance using transvaginal needle aspiration. The patient sleeps

comfortably and feels no pain throughout the procedure. After the eggs are removed from the ovaries they are placed with the sperm from the patient's husband (or partner). Her eggs are then carefully examined to determine whether fertilization and cell division have taken place.

Embryos are ready to be placed in the patient's uterus 2 to 5 days after egg retrieval through a painless procedure called an embryo transfer. Subsequent blood tests and ultrasound examinations are used to determine if pregnancy has been successfully established.

Patients who may benefit from IVF include patients with damaged fallopian tubes, male factor infertility, endometriosis, unexplained infertility, or previously unsuccessful conservative treatments.

Donor Egg IVF

Egg quality is one of the most important predictors of outcome for fertility treatment. Unfortunately, there is no medication or therapy that can be prescribed that will change poor-quality eggs into good-quality eggs. In the event that there is a diagnosis of significantly decreased egg quality, the doctor will likely recommend IVF using donor eggs. In this case the mother shares a biological connection with her child (pregnancy, delivery, breast-feeding), but not a genetic connection. The DNA comes from the donor egg. IVF with donor egg is more and more common as women delay childbearing into later years. Donor egg IVF also offers hope to women who were previously diagnosed as sterile after chemotherapy.

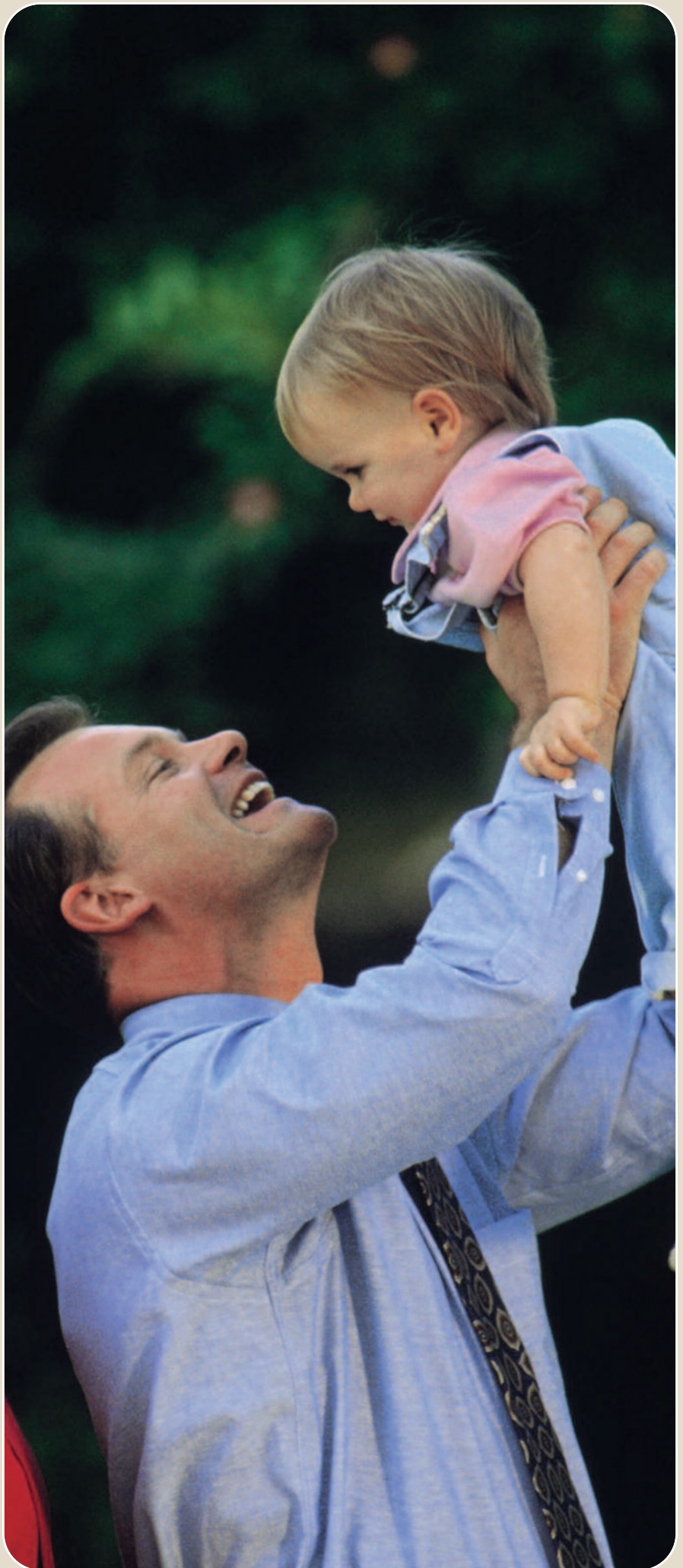
Few women begin their fertility journey expecting to use donor eggs and the recommendation to do so can be difficult to say the least. Before donor egg IVF was available however, women facing the diagnosis of decreased egg quality were advised that their only option was to adopt. Adoption remains a viable and loving resolution to many couples' fertility journey, but in the decades since the advent of donor egg IVF adoption is no longer the only option. The donor egg IVF program at GIVF offers an impressively high pregnancy rate and is committed to an unparalleled level of patient care.

Gestational Carriers (Surrogacy)

In the instance where a woman is not able to carry a pregnancy on her own, the couple may decide to use a gestational carrier (also called surrogate or host uterus). Patients who may benefit from using a gestational carrier are women who have severe uterine anomalies, have had a hysterectomy, or who have been advised against carrying a pregnancy for medical reasons. NOTE: The timeline for gestational carrier is usually longer than other fertility treatments because the husband's sperm must be frozen in quarantine for six months prior to fertilizing an egg that is transferred into a gestational carrier. If you are considering gestational carrier please speak with a clinical case manager in our donor egg department to learn about the details involved in preparing for this type of cycle.



“The treatment by the business, nursing and medical staff was excellent. They were knowledgeable and concerned about my well being and my husband’s.”



Overcoming Male Infertility

Comprehensive Diagnosis

Approximately 30% of infertility is “male factor” infertility and 10% is due to a combination of male and female factors. Establishing the correct diagnosis is an important component of treating men with infertility. GIVF medical specialists conduct a thorough clinical evaluation of each couple. The semen analysis using strict morphology criteria is the primary evaluation tool for sperm quality. After the diagnosis is complete, appropriate individualized treatment is implemented.

ICSI (Intracytoplasmic Sperm Injection)

GIVF accomplished the first U.S. pregnancies using intracytoplasmic sperm injection (ICSI), the direct injection of sperm into eggs following in vitro fertilization (IVF). ICSI frequently permits the establishment of pregnancy despite even the most difficult types of male infertility.

Non-Surgical Sperm Aspiration (NSA)

For men with no sperm in their semen, GIVF developed a new method for obtaining sperm without the need for hospitalization, general anesthesia or prolonged post-operative discomfort: non-surgical sperm aspiration (NSA). An NSA involves removing sperm directly from the testicles where sperm is produced. The NSA is performed in the office by board-certified physician in a quick and pain-free procedure using IV sedation.

Donor Sperm

Donor sperm can be used to achieve pregnancy in instances when the male partner does not produce any sperm or when a woman decides to start a family on her own without a male partner. Donor sperm can also be used to avoid passing on certain types of genetic diseases that are inherited through the male. Thoroughly tested donor sperm is available to GIVF patients through the Fairfax Cryobank, a division of GIVF. Fairfax Cryobank adheres to standards that exceed those required by the FDA. Established by GIVF in 1986, Fairfax Cryobank is now one of the nation’s largest sperm banks. The Cryobank offers a large, diverse, selection of donors, including donors who hold doctoral and other advanced degrees. Fairfax Cryobank now offers an ID Consent program to allow children to learn the identity of their donor at age 18, as well as the anonymous donor program.

The Fairfax Cryobank web site, www.fairfaxcryobank.com contains extensive information about donor sperm, donor choices and selection, and related topics.





My nurse gave her time to help me. That's the reason I did not want to give up."

A Note About the Emotional Aspect of Beginning Treatment

We appreciate that by the time you walk through our doors, your experience dealing with infertility began months – or sometimes years ago. It is not uncommon to feel a mix of both positive and negative emotions at the start of treatment. You may want to consider taking advantage of the psychological support services available to you, either through GIVF or an outside counselor. Lastly, it may help to remember that you set the pace of your treatment. Your values and priorities will never be discounted.

WHAT TO EXPECT AT YOUR FIRST APPOINTMENT

Each experience is unique, however a typical first appointment at GIVF might look something like this: First, you will be greeted at the front desk, then escorted to the physician's office where you will speak with the physician for about an hour. Next, you will meet a nurse who will help you implement the doctor's orders. In addition, you may meet with a genetic counselor as well as a financial counselor, depending on your circumstances. Please allow at least an hour and a half in your schedule.

LISTED BELOW ARE SOME HELPFUL HINTS TO MAKE YOUR APPOINTMENT GO SMOOTHLY:

Providing your doctor with a full and accurate history will enhance your chances of success. Please bring any recent medical records you may have regarding previous fertility treatment, prior gynecological surgery, etc. If possible, send this information in ahead of time.

You will receive a lot of information. Feel free to take notes and ask questions during your consult. We welcome you to call or email us if you have any questions or concerns at any time.

Bring your calendar with you. Often times people have busy schedules that they need to plan around. If you have any upcoming vacation or business trips, or any days your schedule is blocked off, we can accommodate this in advance. Both the diagnostic testing and the treatment phases often revolve around the woman's menstrual cycle. It is not unusual for there to be a period of 2-3 months from the initial consult to the time a treatment cycle is completed.

Getting Ready for Your First Appointment at GIVF

When you schedule your first appointment we will send you a packet of information and some forms to complete prior to your consultation with the physician. Please review and read packet contents. The following documents should be returned to GIVF in advance of your appointment.

- Patient registration form
- Medical history form, which includes sections for both partners to complete
- Notice of Privacy Practices – Acknowledgement and Consent Form
- Copies (front and back) of your health insurance card and pharmacy card if applicable.
- If you have been seen at another fertility clinic and/or have had fertility testing done, please send a copy of these records to GIVF. (You may request your medical records using the enclosed Authorization to Use or Disclose Health Information form.)

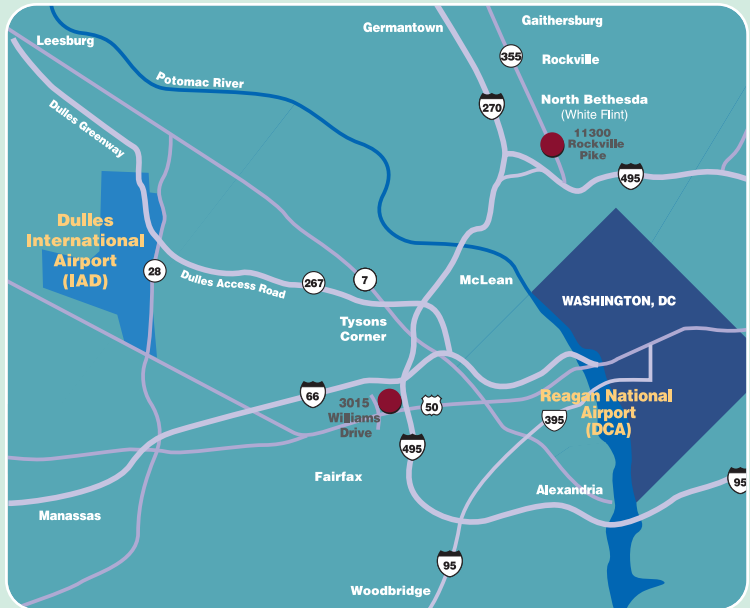
A postage paid, self-addressed envelope has been included in the packet so that you can send us this information in the mail. If you prefer, these documents may be faxed to us securely at (703) 991-8030. In order for us to provide you with the best care possible, this information should arrive at GIVF 5-7 days before your scheduled appointment.

On the day of your appointment, we recommend that you plan to arrive 10 or 15 minutes early. Please bring photo identification with you. We are interested in any feedback you wish to share with us at any point during your treatment; a survey will be offered to you.

If you have any questions, please feel free to contact our patient liaison directly at (703) 349-3400 or patientliaison@givf.com

It is our pledge to combine cutting edge science, decades of experience and the genuine warmth of a dedicated staff in order to provide you with unparalleled care. We consider ourselves partners in your treatment and will do everything we can to make it a success.





**3015 Williams Drive, Fairfax, VA 22031
(703) 698-7355**

From Interstate 495 (Beltway) take Exit 50 to Route 50 West (Arlington Boulevard). Go through the underpass under Gallows Road then turn right at the first stoplight onto Williams Drive. Park in the back of the building and enter through the double glass doors. Clinic patients should take the elevator to the 3rd floor.

From Fairfax, Burke, Manassas and Chantilly take Route 50 East. Turn left onto Williams Drive (third light after Prosperity Avenue). Park in the back of the building and enter through the double glass doors. Clinic patients should take the elevator to the 3rd floor.

For directions to Dulles International Airport or Reagan National Airport go to www.mwaa.com.

**11300 Rockville Pike, Suite 612
North Bethesda, Maryland 20852
(301) 357-8866**

From Baltimore (and points north) take I-95 South toward Washington, DC, then merge onto I-495 West via Exit 27 toward Silver Spring. Take Exit 34 and continue on Rockville Pike/Route 355 North, turn left on Security Lane, One Central Plaza will be on the left hand side. There is a parking garage* available in the same building, as well as metered street parking nearby.

**GIVF is happy to validate parking for patients.*