

# **Patient Information Leaflet**

## **Natural Modified Cycle IVF & 3 cycle Package**

Throughout a female's normal reproductive years, it is estimated 30 immature eggs move out the "hibernation state" and is recruited to grow. However only one is selected to grow to maturity while the rest all goes through atresia and dies. In a conventional IVF cycle, a crop of 10 eggs are usually selected to grow to maturity under the influence of external hormone influence administered by injections. This is one of the main reasons for the high success rate of modern IVF treatment.

Unfortunately for patients who have poor ovarian reserve, conventional IVF drugs do not produce an ovarian response much different to in a natural cycle. Very poor pregnancy success is typically associated with this group of patient.

In the recent years, natural cycle IVF cycles has been favoured especially for this group of patients, whereby conventional IVF has little to offer and the patient may not wish to undergo egg donation treatment.

Natural IVF is a patient friendly treatment, where little or no fertility drugs are given. The treatment cycle follows the normal menstrual cycle, usually only one egg is obtained. The entire process takes 15 days during which time the woman is monitored to track the development of her follicles, using ultrasound scans and blood tests. There is higher cancellation rate (approximately 30%) compared to conventional IVF due to either high hormonal levels at the start of a cycle, arrest in follicular growth or premature ovulation.

Our Natural Modified cycle use a very small amount of drugs which enable us to reduce risk of cycle cancellation rate significantly.

The egg collection is usually done using light sedation; using technique no different to standard egg harvest procedure. The egg (s) collected are then fertilised and cultured to embryo stage before freezing or transferred back to the patient.

Our 3 cycles Natural modified IVF package takes the advantage of natural selection of quality eggs in each of the three menstrual cycles, culturing them to embryo stage and freezing them one cycle after another. At the end of the 3 cycles multiple embryos are defrosted together and transferred in one procedure. This protocol has been proven to significantly improve the pregnancy success rates in those patients with very poor ovarian reserve / older age group (>42yrs old).