



The Centre for Reproductive
Medicine and Fertility

Sheffield Teaching Hospitals NHS Trust



Fertility Treatments

at the Jessop Wing



Our own private entrance

Welcome to our Centre

The Centre for Reproductive Medicine and Fertility offers a unique and dedicated service to couples who are experiencing fertility problems.

Located in the city's new £24 million Jessop Wing, the purpose built Assisted Conception Unit is one of the only fully NHS managed centres of its kind in the country.

We provide a service that is led by consultants to ensure that you receive an expert service with continuity of care.

We offer the very latest assisted conception techniques and our new laboratories are equipped with the latest and most advanced technology available. Our emphasis is on providing an individual pathway of care and treatment that suits your needs.

What happens if I am referred for investigation and treatment?

Infertility is a common condition affecting up to one in every seven couples wishing to conceive and causes considerable anguish and unhappiness. If you are having difficulty conceiving, it is important for you to know that you are not alone and that there are treatments available that can give you the chance of having a baby.

The first step is to make an accurate assessment of your problem. The investigations required can usually be performed on the NHS at no charge to you. These will involve various hormone tests to check whether eggs are being produced, tests to check that the fallopian tubes are open and tests on the sperm. Our location within the Jessop Wing allows these to be carried out on the same site as the Assisted Conception Unit rather than you having to move between different locations.

Once these initial tests have been performed the next step is to decide which treatment may be best for you.



Rachel in one of our state of the art laboratories

For some patients treatment may be medication to encourage a woman to produce eggs or may involve surgery to open blocked fallopian tubes. Many couples now benefit from treatments that are generally termed 'Assisted Conception'.

What Assisted Conception treatment options are available?

A specialist will work with you to select the most suitable treatment depending on the diagnosis and type of infertility discovered. Treatment is based around us adapting to your individual needs. We offer:

- In Vitro Fertilisation (IVF)
- Intracytoplasmic Sperm Injection (ICSI)
- Embryo freezing
- Surgical sperm recovery.
- Assisted hatching of embryos,
- Blastocyst culture
- Ovulation Induction (OI)
- Stimulated Intrauterine Insemination (SIUI)
- Egg donation including 'egg sharing' schemes
- Embryo Donation
- Donor Insemination (DI)

The establishment of this new integrated fertility service allows seamless transition between the various aspects of the service providing continuity of care at all levels leading to quicker and more efficient treatment.



We use the latest
ultrasound technology

What happens during Assisted Conception treatments?

Most treatments require the administration of medication, containing Follicle Stimulating Hormone (FSH), which controls follicle and egg development. The simplest form of treatment is **ovulation induction (OI)**, which uses mild stimulation to encourage egg development. Careful monitoring is carried out to ensure the correct time is advised for the intercourse in order to maximise the chance of pregnancy. This treatment may benefit couples where the woman does not regularly produce eggs.

In some cases the sperm sample can also be prepared to improve the quality of the sperm and then a soft plastic tube is used to introduce them in to the uterus. This treatment is called **Stimulated Intra Uterine Insemination (SIUI)** and may benefit couples where there is a mild problem with the sperm or where the infertility is unexplained.

In Vitro Fertilisation (IVF) is the medical term for the 'test-tube' baby technique. It was originally used to overcome problems of blocked fallopian tubes where tubal surgery was not suitable. It is now used to treat all fertility problems or when other treatments have been unsuccessful.

If there are severe problems with the sperm, IVF can be combined with the technique of **Intracytoplasmic Sperm Injection (ICSI)**. The ICSI procedure is a remarkable advance in the treatment of male infertility involving the direct injection of a single sperm into each egg. It can also be used if no sperm can be found in the ejaculate or for men with spinal injuries. For these men, sperm samples can be obtained directly from the testicle by a simple procedure (**Surgical Sperm Recovery**).



Anne in our specialised egg collection theatre

What happens during IVF treatment?

The principle of IVF treatment is to obtain eggs from the ovaries by stimulation with FSH as previously described. Slightly more intense stimulation is used to encourage development of several eggs (usually 6 to 10). This process usually takes about two weeks. The eggs are removed from the ovaries by passing a needle into the fluid filled sacs (the follicles) in the ovary to find the eggs. This is a simple surgical procedure performed under ultrasound guidance and can usually be done under mild sedation and local anaesthetic.

Some patients may require, or prefer, egg collection to be carried out under a full general anaesthetic and we have an operating theatre within the unit with the necessary facilities to provide this service under the supervision of Consultant Anaesthetists.

Once the eggs have been collected they are placed with the sperm in a glass dish and incubated overnight. The following morning the embryologist checks for fertilisation. The fertilised eggs are now called embryos and are allowed to develop for another one or two days and closely monitored. Two good quality embryos are selected to transfer, which are placed into the uterus with a very soft plastic tube. This is a simple procedure that does not require an anaesthetic.

IVF treatment may result in 'spare' embryos and we are able to offer freezing of these surplus embryos to allow their use in a subsequent **Frozen Embryo Replacement (FER)** cycle. This alleviates the need for repeated full IVF treatment.

If you are unable to use your own eggs or sperm we can provide a **Donor Egg** and **Donor Insemination (DI)** service. Our Egg Share Scheme ensures there are no longer long waiting lists for people waiting for donor egg treatment. This service is aimed to simultaneously help couples requiring donated eggs and those wishing to lessen the financial burden of their own IVF cycle.



Two days after egg collection most embryos reach four cells

Is counselling available?

Fertility treatment can impose emotional strain and may raise dilemmas. These may be more easily resolved after talking to a qualified counsellor who specialises in fertility issues. Counselling offers you an opportunity to share and explore difficult feelings with someone who is not personally involved, but who understands your situation. Counselling may be able to help you discover new ways of coping and to clarify areas of uncertainty while looking at the alternatives available to you.

The counselling service is available free of charge for all couples or individuals to provide support, guidance, and reassurance and to discuss any non-medical problems related to treatment.

Is treatment available on the NHS?

NHS treatment is available for some couples, but the amount of funding and the criteria for treatment varies between Health Authorities.

We hope to see greater NHS funding provision for fertility treatments in the future, however, currently not all patients are able to have NHS treatment. Also, for couples who are eligible the waiting lists can be long. For these reasons some couples may choose to fund their own treatment.

What are the costs of treatment?

The unit is non-profit making and therefore we are able to offer a competitive package. A list of current charges is included with this booklet. These charges include all treatment related costs including all consultations, drugs, early pregnancy monitoring and counselling.

We have no registration fees and no hidden charges.



Val, our patient administrator

How to contact us

We believe that it is important that you have as much information as possible at all stages of your investigation and treatment. We are happy to answer any queries you may have and will strive to help you in any way we can by providing further information and answering your specific queries.

The Centre for Reproductive Medicine and Fertility
The Jessop Wing
Tree Root Walk
Sheffield S10 2SF

tel 0114 226 8050

email fertility@sth.nhs.uk www.jessopfertility.org.uk

How to find us

The Jessop Wing is located to the west of Sheffield on the A57, directly behind the Royal Hallamshire Hospital.

