

The **IVF** Journey Explained

A clear, science-backed guide to how IVF really works.

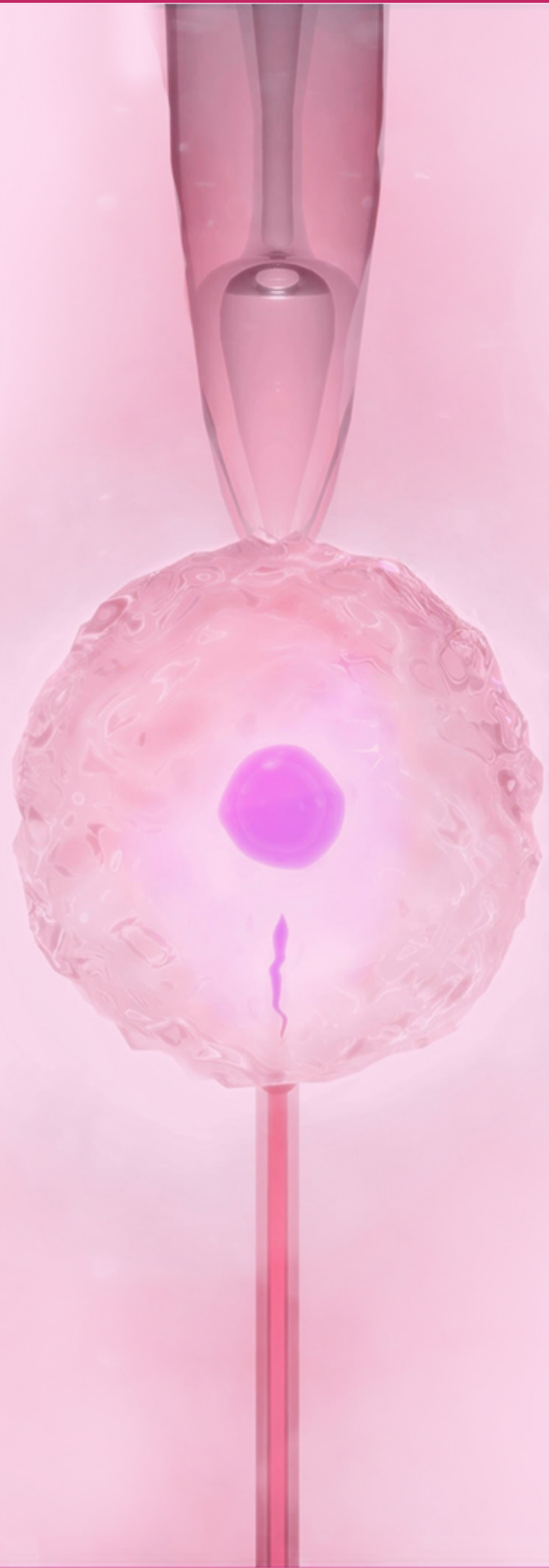
From your first injection to embryo transfer, here's what the process looks like.

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What Is IVF

IVF (In Vitro Fertilisation) is a process where eggs and sperm are combined in a lab to create embryos, which are then transferred into the uterus. It helps couples who face fertility challenges conceive with medical support.



Disclaimer: This e-book is for educational purposes only and does not replace professional medical advice. Always consult your fertility specialist for personalised guidance.

When Is IVF Recommended?

IVF may be suggested when

Fallopian tubes are blocked



Ovulation problems persist



Low sperm count or motility



Unexplained infertility



After failed IUI cycles



IVF Process

Step 1: Consultation & Testing

Your **IVF journey** begins with tests and scans to check hormones, ovaries, and sperm health. Doctors create a personalised plan based on your results.



Step 2: Ovarian Stimulation

Fertility injections help your ovaries produce multiple mature eggs instead of just one. You'll visit the clinic for regular ultrasounds to track growth.



Step 3: Egg Retrieval

Once **eggs are ready**, a minor procedure retrieves them under light sedation. The process takes 15–20 minutes, and you rest for a few hours after.



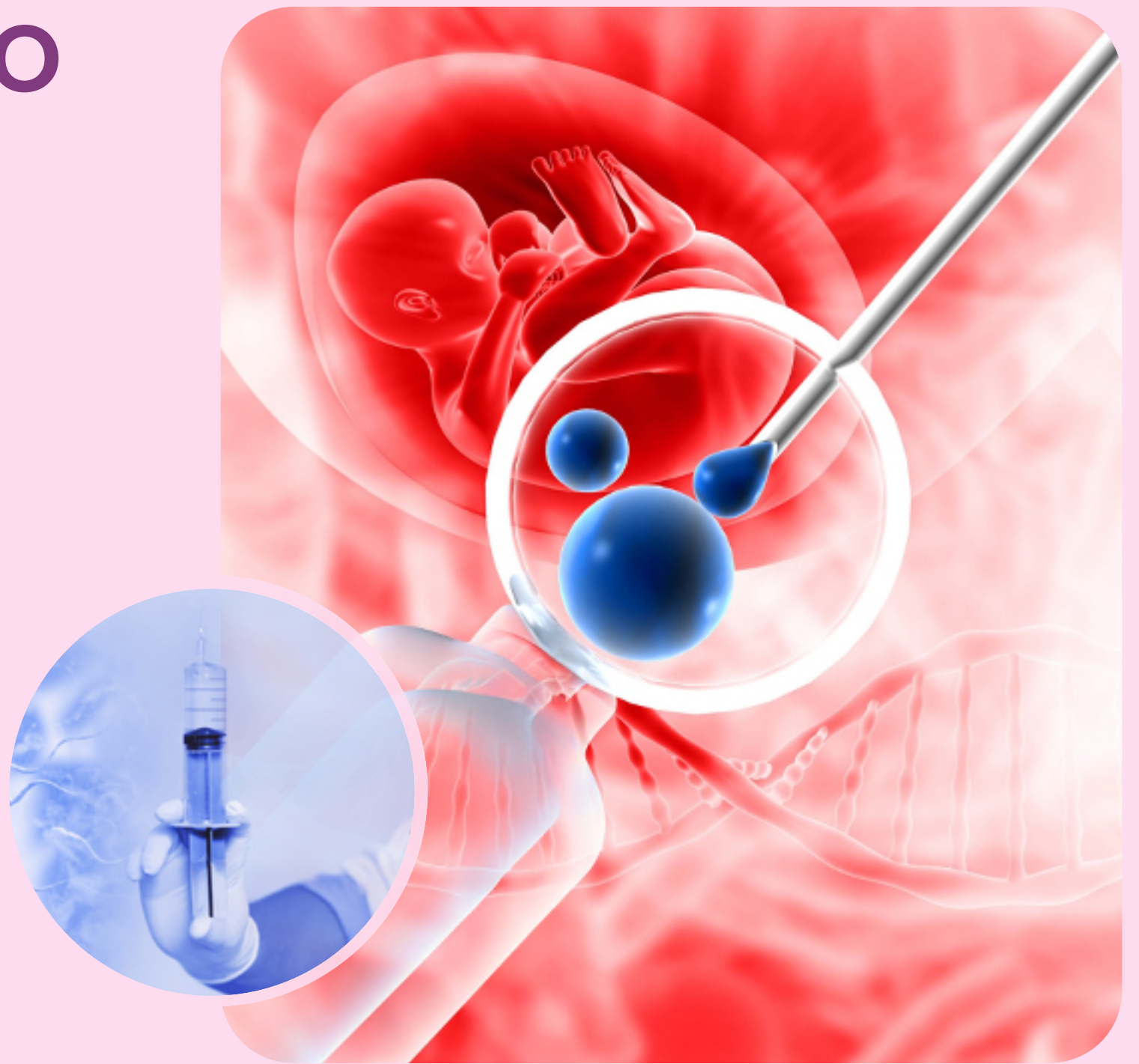
Step 4: Fertilisation in the Lab

Your **eggs and sperm** are combined in the lab. Fertilisation happens naturally or with ICSI (when a single sperm is injected into an egg). Embryos are then monitored for 3–5 days.



Step 5: Embryo Transfer

A **healthy embryo** is selected and gently placed into the uterus. It's a quick, painless process — like a routine check-up. The rest is nature's work.



Step 6: The Two-Week Wait

This is when you **rest, hydrate, and stay positive** while the embryo settles. Avoid heavy exercise or stress, but continue normal routines. A blood test after 12–14 days confirms pregnancy.



Optional Step: Embryo Freezing (If Needed)

Extra healthy embryos can be frozen for future use. Frozen embryo transfers are a common and equally successful option.



IVF Success Factors



Always remember, every IVF journey is unique. It may look complex, but understanding each step makes the process less overwhelming.



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