

## WEBSITES FOR IVF INFORMATION

### IVF glossary

<http://www.hfea.gov.uk/glossary.html>

[http://www.emedicinehealth.com/in\\_vitro\\_fertilization/glossary\\_em.htm](http://www.emedicinehealth.com/in_vitro_fertilization/glossary_em.htm)

### Information about IVF

[http://www.youtube.com/watch?v=z0\\_qK\\_duprY&feature=related](http://www.youtube.com/watch?v=z0_qK_duprY&feature=related)

<http://www.youtube.com/watch?v=GeigYib39Rs&feature=fvwrel>

### Inside the IVF lab

<http://www.youtube.com/watch?v=kcJWPWb2uBs>

<http://www.youtube.com/watch?feature=end-screen&v=-IzYS4IFVb4&NR=1>

<http://www.youtube.com/watch?v=ARERGD0neMI&feature=related>

*Different countries and IVF unit have different practises and techniques. The information on the internet is helpful for you to gain a better appreciation of the science involved in your treatment. However please be aware that differ-ent strokes work for different for people.*

## FERTILITY CONSULTANTS

O&G Department  
The University Hospital of the West Indies,  
Mona  
Tel 927 1145

Professor Joseph Frederick  
12 Regal Plaza, Kingston 5  
Tel 929 2628

DR SHAUN WYNTER  
10 Tangerine Place, Kingston 10  
Tel 929 6042, 920 1729

DR VERNON DACOSTA  
Unit 10, Seymour Park,  
2 Seymour Avenue, Kingston 6  
Tel 927 7436, 978 4596

DR JOHN HARRIOTT  
Minimally Invasive Gynaecological  
Services Ltd  
Suite 66, Winchester Business Centre, 15  
Hope Rd, Kingston 10  
Tel 906 1170

DR LOXLEY CHRISTIE  
Gynae Associates, Portmore Town Centre  
Plaza, Mercantile Avenue  
Tel 939 0784, 939 2859

DR SHARIFA FREDERICK  
12 Regal Plaza, Kingston 5,  
Tel 929 2628  
MIMS

DR MICHELLE BAILEY  
Unit 10, Seymour Park,  
2 Seymour Avenue, Kingston 6  
Tel 927 7436, 978 4596

The University Hospital of The West Indies  
Mona  
Tel 977 1512,977 6883

### Address

The Hugh Wynter Fertility Management  
Unit, The University of  
The West Indies, Mona,  
Kingston 7



THE HUGH WYNTER  
FERTILITY MANAGEMENT UNIT

The University of the West Indies, Mona, Jamaica

## INFORMATION FOR POTENTIAL IVF PATIENTS



Contact us at: 876-970-2388  
Fax 876-977-2650

## IVF ADVICE

The InVitro Fertilisation (IVF) experience can be a very stressful and emotional journey if not managed properly. We hope to equip all our patients with the necessary information and tools to best guide them through IVF treatment.

### How can you prepare for IVF treatment?

1. No man is an island and we do not recommend anyone to undergo IVF treatment without some support system.
2. Anxiety is expected, but over anxiety can do you NO good.
3. Ensure you have or can get copies of your most recent medical investigations
4. Be informed about your medical condition and treatment.
5. Always ask questions and keep a diary or log-book about your medical history and any treatment being done or suggested.
6. Maintain or invest in a healthy lifestyle months before treatment, such as prenatal vitamins.
7. Be patient and positive about your treatment.
8. Ensure you have a financial plan to cover the IVF expenses and investigations.
9. Do your research on IVF.

### BE INFORMED!

## WHAT YOU NEED TO DO

Gather all the necessary medical investigation (male and female) done regarding your reproductive conditions.

If you have never had any investigation done. We strongly recommend you visit one of our fertility doctors and get the necessary medical investigations done.

### Medical Investigations

These results are required before a treatment option and drug regime can be suggested.

### Tubal investigation

Hysterosalpinogram (HSG)

### Uterine investigations

Hysteroscopy / Saline Infusion Sonogram / Laparoscopy .

### Blood Tests

Female Hormonal tests– FSH, LH, Prolactin, Oestradiol E2 (performed on day 3 –5 of your cycle)

AMH (at ANY stage of cycle)

Viral tests– HIVI, HIVII, Hepatitis B and C, VDRL.

Other—Glycosylated Haemoglobin, HsTSH, Rubella, Sickle cell, Blood Group

### Semen/ Sperm analysis

(or possible Surgical Sperm Retrieval)

### WHERE TO GO TO DO THE NECESSARY TESTS?

You would first need to get a script/ blood form/ letter from your fertility doctor requesting you to have these test done .

Recommended offices for uterine investigations

- THE HUGH WYNTER FERTILITY MANAGEMENT UNIT
- Recommended laboratory for blood test

- CALEDONIA BIOMEDICAL LABORATORY
- Recommended laboratory for semen analysis

- THE HUGH WYNTER FERTILITY MANAGEMENT UNIT

## Things you should ask yourself and think about when considering IVF treatment.

### Are you.... PHYSICALLY ready

Have you completed all medical investigations?

If dealing with weight issues, it is advised to address that issue before starting treatment.

Any other health issue, needs to be addressed and corrected before starting treatment.

### EMOTIONALLY ready

Do you have a support system?

IVF treatment can be very emotionally and we strongly recommend you have someone to talk to and confide in.

Are you emotionally prepared for whatever the outcome may be?

### MENTALLY ready

The treatment will require self administration of certain drugs via injection.

You need to have a good understanding of the treatment options available for you and your spouse.

Your time is valuable and the treatment will require a lot of your time and attention.

There is NO guarantees in IVF treatment.

### FINANCIALLY ready

Budget for more than one treatment.

Budget for additional cost. (additional drugs or cryo-preservation of embryos)

We advise you to start with a deposit if you are unable to pay the full amount at one time.

Are you financially ready for the outcome?

The possibility of multiples increase with IVF treatment. (twins and triplets)