

Finding a Clinic to Suit Your Needs (cont),

◆ **Cost-Effective Care.** Fertility clinics should be aware of and practice cost-effective medicine. This requires that clinics only provide services that are clinically appropriate for the patients. It also means that clinics constantly strive to reduce their costs and always provide best practice services for their patients. Patients should compare costs among clinics, but should be careful that they are comparing the cost of similar services when they do so. Fertility Solutions reviews its costs yearly, always looking for ways of making treatment more cost effective for our patients.

◆ **Psychological Support.** Fertility clinics must recognize that people require emotional support as they pursue fertility care. Infertility is a life crisis for many patients and represents a loss of self-esteem, loss of control and loss of self as a woman/man, wife/husband/partner, and mother/father. The fertility challenged person's overall quality of life is often adversely affected, with work schedules, vacations, sex life and ability to socialize with friends all being impacted. Serious stress is also put on the relationship.

Fertility Solutions recognizes this aspect of infertility and helps couples discuss ways for you to increase control, reviewing stress-relieving activities, identifying alternative forms of affection and sexual communication and facilitating access to information and emotional support, such as that provided by patient support groups and qualified fertility counsellors.

We want to transfer to Fertility Solutions: what do we need to do?

Many people do not know that it is easy to transfer their fertility care (and their frozen embryos, eggs or sperm) to another clinic. If you are not happy with your current care or perhaps you feel it is time for a change, let Fertility Solutions show you how easy it can be to transfer to us.

It's common for people to be worried and uncertain about transferring their frozen embryos, eggs or sperm but there is no need to be concerned, this happens between clinics around the world on a daily basis. This has no known effect on the ability of the embryos or sperm to create a pregnancy once thawed successfully.

How are our embryos and sperm transferred?

For people who have embryos or sperm stored on the Sunshine Coast these will be well cared for during transfer. We send our highly experienced scientists to personally collect and transport your precious cargo. For people with embryos, sperm or eggs stored outside the Sunshine Coast, we will arrange for them to be transferred by a company who has extensive experience in these matters with our scientists monitoring every aspect of the process. **CALL US—IT'S THAT EASY!**

Our Fertility and IVF Services Include

- ◆ Pre pregnancy information and advice
- ◆ Ultrasound scanning
- ◆ Fertility Investigation Packages
- ◆ Counselling services
- ◆ Ovulation induction
- ◆ Male infertility investigations
- ◆ Female infertility investigations
- ◆ Specialising in male & female infertility treatments
- ◆ Egg, Sperm and Embryo Donor programs specialising in local, clinic recruited donors
- ◆ In vitro fertilisation (IVF)
- ◆ Intra uterine insemination (IUI)
- ◆ Embryo Transfer (Fresh and Frozen)
- ◆ Intracytoplasmic Sperm Injection (ICSI)
- ◆ Embryo Vitrification (fast freezing) and storage
- ◆ Sperm freezing and storage
- ◆ Pre vasectomy or pre medical treatment sperm freezing and storage
- ◆ Egg freezing and storage
- ◆ Treatment for Polycystic Ovarian Syndrome (PCOS)
- ◆ Specialised genetic services and associated Pre-implantation Genetic Diagnosis (PGD)



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*Although Fertility Solutions have made every effort to ensure the accuracy and completeness of information contained in this brochure, we assume no responsibility for errors, inaccuracies, omissions or any inconsistency herein. If you are unsure of anything, please ask your local doctor or your Fertility Specialist Nurse. Version 7 Revised March 2014

Still Trying? Phone 1300 FERTILITY



fertility
solutions

SUNSHINE COAST AND BUNDABERG

Sharing your journey for life

Under the caring eyes of our highly specialised team, little miracles happen and new life begins



Where new life begins

For months or perhaps even years, you have been dreaming about starting a family, hearing the gurgling laugh of a newborn baby, caring for that innocent bundle of joy. Yet so far nature has let you down. That's where we may be able to help. At Fertility Solutions we share your desire for new life and understand how challenging your journey can be. We are committed to assisting individuals and couples work towards a positive result.

Why Fertility Solutions is your best choice

We honour and respect the trust you place in our experienced fertility team. Your physical, emotional and spiritual wellbeing is important to us; we pledge to act with compassion and in your best interest at all times.

Our care and expertise is reflected in the numerous successes we have achieved for our patients. Along the way we get to share so many beautiful experiences together, making us feel proud and privileged to be part of your journey for new life.

We encourage and welcome you to talk to us at an **informal, private, free consultation** before you make the decision that may change your life. At Fertility Solutions we are well aware that people are the most valuable asset of any business and have chosen our team members with the knowledge that each will do their best to guarantee your well being, add to a pleasant atmosphere in our clinic and contribute to both your and our success.

Our doctors...



James Orford



George Bogiatzis



Kirsten Morrow



Kelvin Larwood

Finding a Clinic to Suit Your Needs

Today there are many fertility clinics to choose from, so many that it is often difficult for patients to know which program is the best for them. Many factors affect the quality of a fertility clinic. These include the quality of the laboratory and clinical services, the availability of all services, patient choice, commitment to education, cost-effective care, psychological support and ethics. The availability of care and the rapport with the fertility specialist and team is also very important when deciding where to undergo treatment.

Below are a few ideas that should be explored when searching for a unit that suits both your requirements.

It is important to ask the following when choosing your fertility clinic:

◆ High Quality Laboratory

The laboratory must be of a high quality. "High Quality" means that the laboratory strives to achieve and maintain optimal results. This success, however, is dependent on a large number of factors, including physical facilities, equipment, supplies and laboratory staff.



There should be a **sufficient number of well-trained and experienced laboratory personnel who can cover each other for leave or emergencies without interrupting your treatment.** The laboratory team also needs to be able to communicate clearly with each other, with the medical team, nurses and with the patient and their partners.

With no exceptions, patients should utilize a fertility clinic that has met all the certification requirements for their professional organization. It is appropriate for patients to ask programs if they have met such standards. Fertility Solutions is an independent, permanent facility, accredited with RTAC (Reproductive Technology Accreditation Committee) and the Health Insurance Commission.

◆ **High Quality Clinical Care.** A fertility clinic must have high quality clinical care. This means fertility specialists and a team who have had adequate education and experience. It is also extremely important to ensure that the clinic has a **sufficient number of doctors who can cover each other for leave or emergencies without interrupting your planned treatments.** Fertility Solutions has specialists who are available to cover your procedures if needed. This will be discussed in advance if required.

An important component of high quality clinical care is the fertility clinic has policies on multiple births and number of embryos for transfer. Fertility Solutions adheres to

professional guidelines set out by the Fertility Society of Australia (FSA).

◆ **Extensive Services.** Fertility clinics should provide extensive services. At the very least, laboratory services should include intra uterine insemination (IUI), in vitro fertilisation (IVF), intracytoplasmic sperm injection (ICSI), vitrification of embryos and blastocyst culture. Fertility Solutions offers all these services and more.

◆ **Patient Choice.** Quality fertility clinics **must** provide consultation services that explain all possible options so that patients can make the most appropriate, informed choice for themselves. This includes discussion of the advantages and disadvantages of no treatment, standard treatment such as controlled ovarian hyperstimulation and operative procedures, standard IVF and ICSI, use of donor gametes, adoption and childfree living. The financial, physical and emotional costs must be discussed and made specific for patients' personal situation, age, physical condition and psychological status. Complications that **must** be discussed include the risks of ovarian hyperstimulation (OHSS), multiple births, problems of prematurity, congenital anomalies, and the relationship between the numbers of embryos replaced, pregnancy rates and multiple pregnancy rates.

◆ **Ethical Care.** A quality fertility clinic practices medicine ethically and always strives to achieve best practice. The best choice is the one the couple makes for themselves after they have been fully informed about the possible options. Referrals for second opinions to other health care professionals should be freely offered and encouraged. Patients should be provided with consents in advance to read, that meet legal requirements and are detailed and comprehensive enough to ensure that the patient can choose wisely. Fertility Solutions works with you and your partner so that you are fully informed when making decisions about your treatments.

◆ **Excellent Documentation.** Quality fertility clinics have excellent documentation of their clinical and laboratory care. Accurate and detailed documentation is essential to decrease the risk of error, understand prior care, benchmark outcomes and do clinical research. Careful documentation can be enhanced by standardized protocols and forms. The most essential ingredient is commitment by the clinical, nursing and laboratory staff. Clinics should facilitate patient to have to access their medical records if required.



Your baby is our success!