

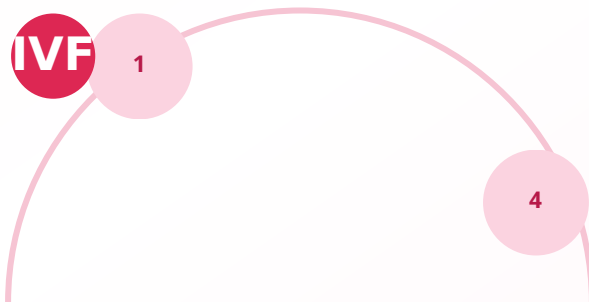
Makhija IVF

FERTILITY & PATIENT EDUCATION

IVF • PATIENT GUIDE

Your Step-by-Step Guide to IVF

A practical patient guide to understanding IVF treatment



Makhija IVF & Fertility Centre

Understand • Ask • Prepare
makhijaivf.com

BEFORE YOU BEGIN

Eight stages, explained simply

Fertility treatment can raise many questions. This guide explains the usual steps of in vitro fertilisation (IVF), what you may be asked to do, and what to discuss with your specialist. It is intended for education, not as a personal treatment schedule.

Your clinical plan always comes first. This guide gives general information only. It does not replace advice, medicine instructions or emergency care from your treating clinician. Treatment plans, timing and outcomes vary from person to person.

01

UNDERSTAND YOUR MEDICAL HISTORY

Fertility evaluation

A specialist reviews your health and fertility history and may advise ultrasound scans, blood tests or semen testing, depending on your circumstances. This helps identify possible causes of difficulty conceiving and whether treatment is needed. Some concerns may be addressed before deciding on IVF.

Useful questions to ask

Which investigations are appropriate for me, and what will the results tell us?

02

CHOOSE A PLAN BASED ON YOUR NEEDS

Treatment discussion and consent

Your doctor explains the findings and discusses suitable options, which may include expectant management, medication, IUI or IVF. If IVF is considered, ask about the likely process, uncertainties, costs, risks, consent and whether any additional procedures are actually indicated. The plan should be individualised.

Useful questions to ask

Why is this treatment recommended for me, and what alternatives should I consider?

03

UNDERSTAND MEDICINES AND APPOINTMENTS

Preparing for a cycle

If you proceed with IVF, the clinic will explain medication instructions, monitoring appointments, consent forms and the timing of your cycle. Never start, stop or change fertility medicines without your treating team's directions. Clarify whom to contact if you miss a dose or an appointment.

Useful questions to ask

Who should I call if I have a medication question or need to change an appointment?

04

MEDICINES AND FOLLOW-UP SCANS

Ovarian stimulation and monitoring

Fertility medicines are commonly used to help several follicles develop. The clinic monitors your response through ultrasound scans and sometimes blood tests, then decides when eggs may be ready for collection. The type of medicines, number of visits and duration can vary significantly.

Useful questions to ask

What symptoms are expected, and which symptoms require an urgent call?

05

WHAT TO EXPECT ON PROCEDURE DAY

Egg collection

When appropriate, eggs are collected through a procedure usually carried out with sedation or anaesthesia. The clinic will give you instructions on fasting, transport and recovery. Cramping or mild discomfort can occur; ask the team about aftercare, warning signs and when normal activities can resume.

Useful questions to ask

What should I arrange for the day of collection, and who should accompany me?

06

WHAT HAPPENS IN THE LABORATORY

Fertilisation and embryo development

Collected eggs are combined with sperm in an embryology laboratory, or ICSI may be used when clinically indicated. Embryologists monitor fertilisation and embryo development over the following days. Not every egg fertilises or develops into an embryo suitable for transfer or freezing; the team will explain your actual results.

Useful questions to ask

How and when will I receive laboratory updates?

07

THE NEXT STEP DEPENDS ON YOUR PLAN

Embryo transfer or freezing

Depending on medical circumstances and embryo development, an embryo may be transferred to the uterus in a fresh or later cycle, or suitable embryos may be frozen. The team will explain preparation, the transfer procedure, embryo-number decisions and any continuing medicines. A transfer does not guarantee pregnancy.

Useful questions to ask

Why is a fresh or frozen transfer recommended, and what follow-up is needed?

08

FOLLOW THE CLINIC'S TEST DATE

Pregnancy test and follow-up

The clinic will tell you when and how to take a pregnancy test. Testing too early can give misleading results. Whatever the result, speak with the team about the next steps, medications, symptoms and emotional support. Follow-up arrangements depend on your treatment and result.

Useful questions to ask

On which date should I test, and whom should I contact with the result?

BEFORE YOU BEGIN

First-visit checklist

- Previous medical records, prescriptions and fertility test reports, if available
- Dates of relevant treatments and medicines you are currently taking
- Any relevant medical conditions, allergies or previous surgery details
- Questions about the treatment plan, costs, risks and follow-up
- Your preferred contact number and the centre where you wish to consult

Important safety information

If you develop severe or worsening abdominal pain or bloating, persistent vomiting, faintness, breathing difficulty or reduced urine output during or after stimulation, seek urgent medical advice. These can be warning signs of ovarian hyperstimulation syndrome (OHSS) or other complications.

Heavy bleeding, fever, severe pain or other worrying symptoms after a procedure also warrant urgent assessment. Do not rely on a website guide for emergencies.

Every patient's protocol, chances of success and test date differ. Only your clinical team can provide individual advice.

Bilaspur

+91 80857 58585

Raipur

+91 88815 88807

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MEDICAL INFORMATION SOURCES

- [NHS - IVF](#)
- [HFEA - In vitro fertilisation](#)

- [HFEA - Risks of fertility treatment](#)