

## EGG FREEZE PATIENT JOURNEY

### The Medical Consultation

Patients will see a named doctor for their consultation(s) and planning of their treatment.

At your consultation you will discuss your treatment options and confirm your treatment plan. You will receive an electronic link to your:

- Consent forms for treatment
- Flow chart for your treatment plan
- Prescription
- Price List
- Costed Treatment Plan for your individualised plan

### Lead consultant and Team ethos

- All our patients are offered individualized care with a lead consultant planning and overseeing their treatment.
- Patients will have direct access to their consultant before, during and after their treatment for reassurance, to answer any queries and maximise continuity. This is usually a direct email but your consultant will discuss this with you.
- Each consultant also works as part of a mini-team of doctors, supported by specific nursing and lab staff members to cover in case of illness / leave to further maximise continuity.
- Throughout the treatment, the aim is for you to have scans with the same sonographer for consistency and support before seeing the nursing team for review.
- At each visit, you may be required to see the sonographer, have a blood test, see a nurse and, on occasion, one of the consultants. Because of the complexity of the care we offer and ensuring everyone gets the dedicated time they need, our appointments can sometimes be delayed. As a consequence, during treatment, **we recommend you allow up to 2 hours each visit** and we will endeavour to see you as soon as possible
- We apologise in advance if the wait time is longer than anticipated and our staff will always be working diligently to ensure that you receive the best possible care.
- To ensure immediate access to medical support there is a "Scan doctor" on duty every day to see you if any concerns are raised by treatment scans or at your request and also review the daily scan and blood results.
- If the nursing team, scan doctor or you have any concerns during the treatment, the team can /will inform and liaise directly with the lead consultant.
- It is imperative that eggs are collected at the optimal time for your best clinical outcome and it is impossible to predict when these may be in advance. Therefore, as

our clinical team have some set clinical commitments (clinics / theatre lists / transfer lists etc), it may be that another of our experienced consultant team performs these procedures for you. Your consultant will endeavour to perform the procedures whenever possible.

- Your consultant or one of his team will always aim to contact you when a decision is made to book egg collection to reassure, maximise continuity and answer any questions.

### **Consent form**

- Consents and the associated information are an essential clinical and regulatory requirement for your safety, to ensure you have all the information you need to make informed decisions before treatment starts and that all your permissions are appropriately given and noted.
- At your initial appointment your treatment plan will be allocated on our “Fertility Consent” platform, allocating the relevant essential and consent forms for your individualised treatment.
- You will receive reminders to complete these before your nurse consultation and all consents should be completed before this appointment.
- If not done, you will be requested to do at this appointment in the clinic.
- All consents should be completed by the end of this nurse consultation.
- A further check will be made at your first scan appointment and a final check at your second scan.
- ***If consents are not completed at this point we will regrettably have no choice but to abandon treatment with the associated fees for an abandoned cycle.***

### **The Nurse Consultation**

You will need to book your pre-IVF consultation with our nursing team. Ideally this appointment takes place 1-2 weeks before your treatment commences, this will allow time for your screening tests results to be available and any other tests to be completed as necessary.

***You will also be made an appointment with our finance team following on from this nurse appointment to ensure all financial questions are answered and initial payment made.***

**If either partner has outstanding screening tests it is necessary for them to attend this appointment to complete the tests at The Lister as this is the final appointment prior to starting treatment cycle.**

This appointment allows you to

- Ask further questions.

- Discuss, witness and sign off your consent forms as above.
- Confirm that all relevant screening tests are complete and in date and, if required, to complete the screenings on the day of this appointment.
- **Please note:** Failure to complete mandatory screening **will delay** the start of your treatment
- Receive a treatment plan and self-injection teach session (further videos to assist you, if needed, are available on the links below\*)
- Receive all necessary consumables including a sharps bin

Clinical Investigation Test	FEMALE
AMH	√
Rubella	N/A
Chlamydia (within 12 months)	√
Cervical Smear (within 3 years)	√
Thyroid (within 12 months)	N/A
Full Blood Count (within in 12 months)	√
HIV (UKAS) <b>First Cycle: within 3 months</b> <b>Sub Cycle: within 24 months</b>	√
Hepatitis B Surface Antigen (UKAS) <b>First Cycle: within 3 months</b> <b>Sub Cycle: within 24 months</b>	√
Hepatitis B Core Total (UKAS) <b>First Cycle: within 3 months</b> <b>Sub Cycle: within 24 months</b>	√
Hepatitis C Antibodies (UKAS) <b>First Cycle: within 3 months</b> <b>Sub Cycle: within 24 months</b>	√
Sickle Cell (if ethnicity is: Black Caribbean/African or mixed)	√
Thalassaemia (if ethnicity is: Mediterranean, Asian, South East Asian or Middle Eastern)	√

**IMPORTANT:** All your blood test results **MUST** be completed **PRIOR** to starting your treatment cycle. **All virology screenings must originate from a UKAS accredited laboratory - if you have your tests done elsewhere you will need to provide evidence of this for the screenings to be accepted. Your GP will need to write either a letter to confirm where the tests were done or the results need to be on UKAS accredited report.**

Please bring a copy of all your blood test results at your nurse consultation. The tests can also be completed at the Lister Fertility Clinic during your **“Pre Treatment Nurse Appointment”**. Please refer to the charge sheet for individual prices.

### **\*Helping with your medication**

#### **Stimulation injections**

If you have been prescribed **Menopur** please click on the link below and follow the steps:

<https://ferringforfertility.co.uk/taking-menopur/>

1. Select Menopur and click Submit (then confirm and continue)
2. You'll see four tabs (Menopur<sup>®</sup> 75iu, Menopur<sup>®</sup> 150iu, Menopur<sup>®</sup> 600iu, Menopur<sup>®</sup> 1200iu)  
Please select the video that matches the dose of Menopur<sup>®</sup> you've been prescribed

If you have been prescribed **Gonal-f**:

<https://e.video-cdn.net/share?video-id=BysdRuCtSH55fKDUB3kXdp&player-id=3vqnBdhiYTXGUTufxinjik&channel-id=98350>

If you have been prescribed **Meriofert**:

<https://player.vimeo.com/video/546441782>

If you have been prescribed **Fostimon**:

<https://player.vimeo.com/video/546444803>

If you have been prescribed **Pergoveris**:

<https://e.video-cdn.net/share?video-id=9PiXjnKm8b1Tv6FEJB8c-&player-id=3vqnBdhiYTXGUTufxinjik&channel-id=98350>

### **Other injections**

If you have been prescribed **Fyremadel** please click on the link below and follow the steps:

<https://ferringforfertility.co.uk/taking-menopur/>

1. Select Fyremadel and click Submit (then confirm and continue)
2. Watch training video: "How to administer your Fyremadel"

If you have been prescribed **Lubion**:

<https://player.vimeo.com/video/546447173>

If you have been prescribed **Ovitrelle**:

<https://e.video-cdn.net/share?video-id=AC8kr7M9TU2ohbL2WhUnpV&player-id=3vqnBdhiYTXGUTufxinjik&channel-id=98350>

### **Egg Collection Instruction**

Following the period of stimulation and close monitoring by both ultrasound and hormone levels, you will be given a date for your egg collection. This will involve a new set of medication instructions to prepare you for the egg collection. On the day of your final scan the nurse will give a written individual plan based on your cycle. Currently, all female patients are required to do a Lateral Flow test on the day of the trigger injection (between 12 noon and 4pm). If this comes back as positive you should let the IVF nursing team know, either via IVFNurses@LFClinic.com or telephone 020 7881 2000. You will need to bring one of your own Lateral Flow test kits with you on the day of the admission as a supervised test will be required.

## Day of Egg Collection

You will arrive at the main reception at the Lister Hospital for your admission

**You will be nil by mouth prior to your egg collection - nothing to eat for 6 hours before and sips of water only up to 2 hours before the procedure.** Please leave all your valuables at home and remove **make-up, nail polish and jewellery**. We would advise that you wear something comfortable to the hospital.

You will be registered for your admission by the main hospital reception team and accompanied to the ward where you will be taken to your room and orientated to the facilities, shown how to use the nurse call system and admitted for your procedure by the ward nursing team, the admission will involve answering some health questions and recording of your vital signs including temperature, pulse, blood pressure and Oxygen saturations. You will be required to change into a hospital gown. The operating consultant will see you and consent you for the procedure. At the end of the egg collection the consultant will administer an antibiotic suppository (rectal medication) in order to reduce the risk of post-operative infection. If you do not wish to have this please inform him/her at the time of consenting. You will also meet the anaesthetist who will look after you and ensure that you are comfortable during the procedure and ensure that any previous anaesthetic reactions are noted. **Ensure that you make the anaesthetist aware of any allergies.**

Depending on the number of procedures you may wait 1-3 hours on the ward, there is a TV in every room but you may want to bring something to read during this time.

In theatre you will be met by the anaesthetist and the theatre staff. In preparation for the procedure you will have a cannula (small plastic tube via which the sedation medications can be injected) inserted and you will have an oxygen mask placed over your nose and mouth. You will be sedated for the procedure and when complete you will be taken to the recovery room.

In the recovery room you will have your vital signs monitored and you will be continuously assessed for pain, please do let the staff know if you are in pain to ensure that it is addressed. One common side effect of the anaesthetic is crying so please don't worry if the tears come. You will remain in the recovery room until the nurses are happy for you to progress back to the ward for post-operative care. You will be informed of the number of eggs collected at this time.

Once back in your room it's normal to go back to sleep for some time following the sedation. When you are suitably recovered, you will need to eat and drink (a light meal is offered when you are suitably recovered from the anaesthetic) and pass urine, you will be monitored for 2-4 hours post procedure and during this time your vital signs will be recorded, When you are discharged home ideally you are accompanied by your partner/relative.

Your discharge is led by the ward nurses, but should the nurse have any concerns regarding your case or at your request the doctor will be contacted. You will, however, see one of the fertility nurses or the consultant before you go home on the day of your egg collection.

You should rest at home once discharged, it is expected that you will feel lethargic throughout the day. Eat as you wish but ensure you remain hydrated, drink plenty oral fluids. **You are not permitted to drive or operate machinery for 24hours after the sedation.**

#### Confirmation of number of eggs collected and suitability for freezing

The embryologist will contact you the day after egg collection to confirm how many of the collected eggs were suitable (mature) to vitrify (freeze).

#### Cryopreservation (Freezing) of Eggs

Any suitable eggs can be stored for an initial period of ten years from the date of cryopreservation. After this period of ten years, there is a possibility of extending the storage period in further increments (maximum ten year increments), if it is shown that the criteria for extended storage continue to be met. You will need to complete an **HFEA LGS form** to apply for storage extension. There is a maximum storage period of 55 years.

Please be aware that there are charges for freezing and annual storage as listed on the current price list.

**Please remember that not all eggs that were suitable to freeze will survive the thawing process and not all of the thawed eggs will survive and be suitable to fertilise with ICSI. It is possible that some women will end up with no suitable embryos to transfer. If embryos are available for transfer they may not produce a successful pregnancy.**

**Expect to feel tender after the procedure, paracetamol is advised as pain relief please ensure that you do not exceed the maximum daily dose. Should you be worried about your condition post procedure please call 020 7881 2000 (8am-4:30pm) or 07860464100 (4:30pm-12midnight) this is the out of hours emergency clinical mobile and is staffed by a nurse, please do not TEXT this phone.**

**You must inform us immediately of any change in your personal circumstances (eg address or contact numbers) as it is particularly important that we are able to contact you to confirm continued storage. The storage period is governed by law and we do not require your consent to remove your gametes from storage at the completion of the statutory storage period.**

One of the IVF Nursing team will give you a courtesy call within 72 hours of your egg collection, just to see how you are feeling and if you have any concerns.

You should contact the secretarial team (020 7881 2000) to book a follow up with your consultant following your procedure.

#### General Information

**The Lister Hospital currently operates a restricted VISITOR policy. Only the patient who has an appointment can attend for fertility appointments other than at egg collection, embryo transfer and pregnancy scans where partners may attend. Other than these appointments partners or children will not be permitted beyond main reception. Should**

**you need to bring a representative/interpreter to your appointments, you will need to inform the clinic in advance to make necessary arrangements to grant them access.**

**Lister Fertility Clinic opening times: 0207 881 2000**

- **Monday- Friday 8am- 5pm by appointment only**
- **Saturday-Sunday: by pre-booked appointment only**

**Lister Pharmacy opening hours: 0207 730 7733**

- **Monday-Friday: 8:30am-6pm**
- **Saturday: 9am- 12:30pm**
- **Sunday: closed**

**Shard Pharmacy opening hours 0203 794 4595**

- **Monday – Friday: 9am- 6pm**
- **Saturday-Sunday: closed**

**Emergency Lister Fertility Clinic nurse on-call: 07860460 100 (only available during these hours)**

- **Monday-Friday: 4:30pm- 12midnight**
- **Saturday: 12midday-12midnight**
- **Sunday: 9am- 12midnight**

**Please be aware the nurse you speak to will not have access to your notes.**