

# The egg freezing patient journey

Please note that this is indicative of an egg freezing patient journey at Lister Fertility Clinic in Chelsea. There may be some slight variations to this journey at other HCA UK facilities.

## The medical consultation

Patients will see a named doctor for their consultation(s) and the planning of their treatment. At your consultation, you'll discuss your treatment options and confirm your treatment plan. You'll 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 individualised 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 to 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 them in case of illness or leave to further maximise continuity.
- Throughout your 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 to ensure everyone gets the dedicated time they need, our appointments can sometimes be delayed. As a consequence, we recommend you allow up to two hours each visit during treatment, 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, we have a scan doctor on duty every day to see you if any concerns are raised by treatment scans or at your request, and to review your daily scan and blood results.
- If you, the scan doctor or nursing team have any concerns during your treatment, the team can and will inform and liaise directly with the lead consultant.
- It's imperative that eggs are collected at the optimal time for the best clinical outcome, and it's impossible to predict when this will be in advance. Therefore, as our clinical team have some set clinical commitments (including clinics, theatre lists and transfer lists), it may be that another member of our experienced consultant team performs these procedures for you. Your consultant will endeavour to perform your procedures whenever possible.
- Your consultant or one of their team will always aim to contact you when a decision is made to book your egg collection to reassure you, maximise continuity and answer any questions.

## Consent form

- Consent forms and 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 your treatment starts and that all your permissions are appropriately given and noted.
- At your initial appointment, your treatment plan will be allocated in our Fertility Consent platform, allocating the relevant essential and consent forms for your individualised treatment.
- You'll receive reminders to complete these before your nurse consultation and all consent forms should be completed before this appointment.
- If not completed, you'll be asked to do so at this appointment in the clinic.
- All consent forms 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 your consent forms 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'll need to book your pre-IVF consultation with our nursing team. Ideally, this appointment takes place one to two weeks before our treatment commences to allow time for your screening results to be available and any other tests to be completed as necessary.

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

If either partner has outstanding screening tests, they'll need to attend this appointment to complete the tests at The Lister Hospital as this is the final appointment prior to starting a 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 in the 'Helping with your medication' section)
- Receive all necessary consumables including a sharps bin.

Clinical investigations below.

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 12 months)	✓
HIV (UKAS) First cycle: within 3 months Sub cycle: within 24 months	✓
Hepatitis B surface antigen (UKAS) First cycle: within 3 months Sub cycle: within 24 months	✓
Hepatitis B core total (UKAS) First cycle: within 3 months Sub cycle: within 24 months	✓
Hepatitis C antibodies (UKAS) First cycle: within 3 months Sub cycle: within 24 months	✓
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 price.

## Helping with your medication

The below videos will help with administering your injections. Click the button the refers to your prescribed medication.

Select I have been prescribed  
a Ferring product in the UK →  
Fertility Medicines → Menopur®

→ Select the video that  
matches your dosage.

Select I have been prescribed  
a Ferring product in the UK →  
Fertility Medicines → Fyremadel®

## Egg collection instruction

Following the period of stimulation and close monitoring by both ultrasound and hormone levels, you'll 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, your nurse will give you a written individual plan based on your cycle.

### 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 six hours before and sips of water only up to two hours before the procedure.** Please leave all your valuables at home and remove all makeup, nail polish and jewellery. We'd advise that you wear something comfortable to the hospital.

You'll be registered for your admission by the main hospital reception team and accompanied to the ward. You'll 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. Your admission will involve answering some health questions and recording of your vital signs, including temperature, heart rate, blood pressure and oxygen saturation. You'll also need 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, your consultant will administer an antibiotic suppository (rectal medication) to reduce the risk of post-operative infection. If you don't wish to have this, please inform them at the time of consenting. You'll also meet the anaesthetist who'll look after you, ensure that you're 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 have, you may wait between one and three hours on the ward. There's a TV in every room, but you may want to bring something to read or to keep you occupied in this time.

In the theatre, you'll be met by the anaesthetist and the theatre team. In preparation for the procedure, you'll have a cannula (a small plastic tube used to inject the sedation medicines) inserted and an oxygen mask placed over your nose and mouth. You'll be sedated for the procedure, and once it's complete you'll be taken to the recovery room.

In the recovery room, you'll have your vital signs monitored and you'll be continuously addressed for pain – please do let the staff know if you're in pain to ensure that it's addressed. One common side effect of anaesthetic is crying, so please don't worry if the tears come. You'll remain in the recovery room until the nurses are happy for you to progress back to the ward for post-operative care. You'll 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're suitably recovered, you'll need to eat and drink (a light meal is offered when you're suitably recovered) and pass urine. You'll be monitored for two to four hours after your procedure, and during this time your vital signs will be recorded. When you're discharged home, it's best if you're accompanied by your partner or a relative.

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

You should rest at home once discharged and it's expected that you'll feel lethargic throughout the day. You can eat as you wish, but make sure that you're hydrated, so drink plenty of fluids. **You're not permitted to drive or operate machinery for 24 hours after the sedation.**

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

Any suitable eggs can be stored for an initial period of 10 years from the date of cryopreservation. After this period of 10 years, there's a possibility of extending the storage period in further increments (with a maximum of 10-year increments), if it is shown that the criteria for extended storage continue to be met. You'll need to complete an HFEA LGS form to apply for a storage extension. There's 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 for fertilisation with ICSI. It's 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.**

You should expect to feel tender after the procedure – we advise you take paracetamol for pain relief, but please ensure you don't exceed the maximum daily dose. If you're worried about your condition after the procedure, please call 020 7881 200 (open 8am - 4.30pm). If you need help outside of these times, call **07860 464 100** (4.30pm - midnight). This is our 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 to your personal circumstances (e.g., address or contact numbers) as it's particularly important that we're 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 eggs from storage after the completion of the statutory storage period.

One of our IVF nursing team will give you a courtesy call within 72 hours of your egg collection to see how you're feeling and if you have any concerns.

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

## General Information

**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,  
only available during these hours:**

**07860 460 100**

Monday - Friday, 4.30pm - 12pm

Saturday, 12pm - 12am

Sunday, 9am- 12am

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

**Lister Fertility  
Clinic**

 **HCA**  
Healthcare UK