

Information on infertility treatment using in vitro fertilization

We are very pleased that you chose our institute. We want to do the utmost to ensure that the treatment is successful. One of the main conditions is good mutual cooperation. This requires that you have a thorough understanding of every stage of the treatment. You should be able to find all necessary information in the following passages; however, do not hesitate to contact us if you find any of our information unclear.

Our institute Gest IVF Ltd. is a private medical centre that has been operating in the field of infertility treatment for more than 15 years. We emphasize an individual approach towards our clients and health care quality, as documented by the certification on quality management ISO 9001-2008.

Detailed information is available at www.gest.cz.

Dr. Daniel Alexander and Dr. Monika Poláková attend to our foreign clients.

Dr. Daniel Alexander

Born in 1973

Faculty of Medicine of Comenius University, Bratislava, Slovakia

Postgraduate study in the field

9 years of experience in the field of reproductive medicine – Iscare Bratislava, GEST Prague

Speaks English, German, Russian, Slovak

Dr. Monika Poláková

Born in 1972

Faculty of Medicine of Charles University in Prague

Postgraduate study in the field

10-years of experience in the field of reproductive medicine – Obstetrics and Gynaecological clinic at the Motol Faculty Hospital - Prague, GEST Prague

Speaks English and German

E-mail: monika.polakova@gest.cz, daniel.alexander@gest.cz

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Professional service guarantor for foreign customers

Dr. Jan Šulc

Born in 1956

Faculty of Medicine of Charles University in Prague

Postgraduate study in the field

27-year experience in the field of reproductive medicine – 1st Obstetrics and Gynaecological Clinic of Charles University in Prague, GEST Prague

Nad Budánkami II. 24
150 00 Praha 5
IČO: 49711318

Systém jakosti ISO 9001:2000



tel., fax: 257 212 516-18
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Requirements for a treated couple:

The age of the woman should ideally be less than 45 years. Should the age of the woman exceed 45 years, we offer an individual examination for classification. The age of the man is not limited.

Good health condition of the woman.

The man is not a carrier of the HIV virus, hepatitis B, or hepatitis C viruses and he does not suffer from syphilis.

The woman is not a carrier of the HIV virus, hepatitis B, or hepatitis C viruses and he does not suffer from syphilis.

Marriage is not a prerequisite.

Possibilities of treatment

A) Complete IVF cycle at our institute.

Time requirements – arrival in Prague directly before menstruation, woman resides for approx. 3 weeks, residence of partner may be minimized to 1-2 days.

B) IVF cycle in coordination with the gynaecologist abroad

Time requirements – this alternative requires two visits in Prague, the first may be managed in a single day. Subsequently, in an arbitrary further cycle, the stimulation treatment itself with check-ups by a coordinating gynaecologist, arrival 2 - 3 days prior to egg retrieval, woman leaves approx. 7-9 days afterwards, the partner may leave after 2 days, or in case of use of frozen sperm, residence of partner it not necessary at all

Alternative A

COMPLETE IVF CYCLE AT OUR INSTITUTE

On our WEBSITE you can find a special on-line questionnaire about your health condition.

We ask you to complete it or to print it and to send it to us via post.

Further we ask you to send us the copy of HIV test, hepatitis B and C, and lues (syphilis) tests, if you have any (via mail or via post).

Finally, you will be asked to pay the first part of the deposit for the settlement for treatment in the amount of 100 Euro. Please, send this amount to our bank account at:

Raiffeisenbank, a.s., Olbrachtova 9, 140 21 Prague 4, Czech Republic

Bank account No. 4175055001/5500

IBAN : CZ6555000000004175055001

SWIFT/BIC of the bank: RZBCCZPP

By sending this payment, you confirm your interest about treatment within our institute.

It is further necessary to arrange a date for your visit with us – by telephone or mail – see above for contact information. **Arrange an appointment on a date directly prior to your expected menstruation.** It is best to arrange a date several weeks in advance.

First visit

The participation of both partners is required.

We will explain the topic of extracorporeal fertilization in detail – stimulation, egg retrieval, embryo transfer. We explain the significance of individual special procedures such as ICSI, PICSI, assisted hatching, extended cultivation, embryo freezing, or PGS, if applicable. You shall be issued consent forms along with treatment to look over. Their signature along with the verification of identity shall be performed during following visit.

The first visit shall also include a gynaecological examination. This is followed by a blood sample for testing of sexually transmitted diseases in both partners. If these tests were already performed the samples will not be necessary with the exception of the planned freezing of sperm (see following). A negative result is a prerequisite for further treatment at our facility. If you wish to minimize the partner's necessary period of stay, freezing of his sperm may be immediately arranged. The partner must also sign a consent form in front of the practitioner for treatment with verification of his identity.

Payment without performing tests 3 000 CZK

Payment when performing tests of both partners 9 000 CZK

Payment for performing tests only in the man or only in the woman 6 000 CZK

(This payment shall be deducted from the IVF cycle price during the final billing).

Sperm freezing – if agreed 3 200 CZK

Stimulation treatment

Begins on the 2nd day of the cycle

The first day is considered to be the day when full intensity bleeding presented by 9 a.m. If the bleeding occurred later, we designate this day as day “0.”

Both partners sign their consent forms for treatment with a verification of identity based on a passport (if not signed earlier). A gynaecological examination is unnecessary. We prepare the stimulation treatment schedule; we issue your medication necessary until your next check-up, and teach you properly how to administer it. We further decide (together), when the general health status examination takes place (possible at our clinic).

Reimbursement:

Deposit for IVF cycle 49 500 CZK

(the amount paid during the first visit and the deposit of 100 Euro shall be deducted, reimbursement for sperm freezing, if necessary, shall not be deducted)

Package of stimulation medication - the price may fluctuate according to the planned consumption of medication – approximately 10 000 CZK

The next check-up is planned for the 6th - 8th day of the cycle.

Included in the treatment is an ultrasound check-up of the finding and blood investigations for testing of sexually transmitted diseases again in both partners (if sperm were not frozen in advance – then we obviously only take a sample from the woman). We supplement any

necessary investigations for the general health status examination. We plan the next stimulation treatment based on the US finding.

Reimbursement:

Package of stimulation medication -the price may fluctuate according to the real consumption of medication – approximately 15 000 CZK

General health status examination

Available at our clinic, every Wednesday afternoon. Blood samples must be performed at least one day in advance while fasting.

Reimbursement:

Price including ECG and laboratory investigations 3 300 CZK

We always plan further check-ups according to the current finding

Egg retrieval (follicle puncture)

Occurs between 8 a.m. and 10 a.m. This procedure is performed under total anaesthesia. This means that prior fasting is necessary, i.e. no eating after dinner, no drinking after midnight. We also recommend avoiding smoking prior to the procedure. After the follicle puncture, a woman remains lying for approximately 2 hours at our clinic. Afterwards, we notify the client(s) of how everything went and what the next step will be. We explain how to administer medication for luteal support. Leaving our clinic is thereafter possible. An escort is necessary.

Reimbursement:

ICSI method 8 800 CZK

or

PICSI method 16 000 CZK

Embryo Transfer

The transfer itself always takes place in the early afternoon, or on Saturday before the midday. Starting with the second day after the egg collection, we will ask you to contact us always at around 8.30 a.m. to get the information, whether the embryo cultivation is advancing or if you need to appear for the transfer in the afternoon.

The transfer itself is a painless procedure. Before the transfer you will be thoroughly informed about the result, i.e. how many and what embryos will be transferred and how many of them were possibly frozen for further use.

You will leave our institute after 1 to 2 hours after the transfer. We recommend that the woman limit all activities that are not absolutely essential for approximately the next 3 days.

The best date for leaving the Czech Republic is after 3 or 4 days following the embryo transfer. A sooner departure is also possible.

Reimbursement:

extended cultivation above 48 hours 3 500 CZK

assisted hatching – 1 embryo 3 300 CZK

further as negotiated
freezing of excessive embryos – if required and storage for 1 year
embryo glue – if necessary

3 700 CZK
1 650 CZK

Pregnancy test

A Pregnancy test should be performed after 16 to 18 days following the transfer. If the test is positive, luteal hormonal support must still be maintained. If the test is negative, you shall discontinue this medication. Menstrual bleeding usually appears after the termination of luteal support therapy. Should bleeding appear earlier, we recommend that you discuss the further procedure with us.

Please notify us of the pregnancy test result by telephone or by mail.

If the treatment is successful, please inform us as well on the course of the pregnancy and on the delivery.

Subsequent cycles with embryo cryopreservation

In case the pregnancy did not appear and other embryos are available in their frozen state, another transfer should be arranged.

We recommend a minimal interval of 1 month.

We recommend using a combination of drugs for managing the cycle – oestrogens and progestins. You will administer the medication with the micronized oestradiol on day 1 in dosage 3 x 2mg daily. We can sell you this medication ourselves (delivery via post possible + 60 Eur) or your gynaecologist may prescribe it for you.

A condition for transfer is a uterine mucosal height of at least 7 mm. The finding may be verified by your gynaecologist. After the required endometrial height has been achieved (usually between the 12th and 14th day), we add the micronized progesterone medication in a dosage of 3 x 200 mg per day.

The transfer will follow after 2 to 5 days depending on the stage of the frozen embryos.

The transfer date may be arranged by telephone and arrival in the Czech Republic on the day of transfer is usually sufficient. All specifics will be provided based on the actual situation.

It is possible and even better, to arrive in the Czech Republic around the 12th day of the cycle.

Check-ups before the transfer are then performed at our clinic.

Residency in the Czech Republic for 3 days after the transfer is sufficient.

The partner's attendance is not necessary. But we need a signed Application for an embryo transfer procedure (document may be downloaded from our website).

The transfer is performed in an identical manner as in the first cycle.

The price is 12 100 CZK + possibly 3 300 CZK for assisted hatching/ 1 embryo + possibly 1 650 CZK for embryo glue

Alternative B **IVF CYCLE IN COORDINATION WITH THE** **GYNAECOLOGIST ABROAD**

On our WEBSITE you can find a special on-line questionnaire about your health condition. We ask you to complete it or to print it and to send it to us via post.

Further we ask you to send us the copy of HIV test, hepatitis B and C, and lues (syphilis) tests, if you have any.

Finally, you will be asked to pay the first part of the deposit for the settlement for treatment in the amount of 100 Euro. Please, send this amount to our bank account at:

Raiffeisenbank, a.s., Olbrachtova 9, 140 21 Prague 4, Czech Republic

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By sending this payment, you confirm your interest about treatment within our institute.

This alternative requires two visits to Prague; the first may be managed in a single day. Subsequently, in an arbitrary further cycle, the stimulation treatment itself with check-ups by a coordinating gynaecologist, arrival 2 - 3 days prior to egg retrieval, woman leaves approx. 7-10 days afterwards.

It is first necessary to arrange a date for your first visit at our clinic – by telephone or mail – see above for contact information. Arrange an appointment outside of your menstruation period. It is best to arrange a date several weeks in advance.

First visit

The participation of both partners is required.

We will explain the issue of extracorporeal fertilization in detail – stimulation, egg retrieval, embryo transfer. We explain the significance of individual special procedures such as ICSI, PICSI, assisted hatching, extended cultivation, embryo freezing, or PGS, if applicable. You shall be issued consent forms for the treatment to study through. They shall be endorsed and the identity shall be verified during the next visit.

A part of the 1st visit is also a gynaecological examination and blood investigation for sexually transmitted diseases in both partners. If these tests were performed earlier, the investigations will not be necessary. A negative result is a prerequisite for further treatment at our facility.

If you wish to minimize the partner's necessary period of stay, freezing of his sperm may be immediately arranged. The partner must also sign a consent form in front of the practitioner for treatment with verification of the partner's identity.

We shall prepare a stimulation treatment schedule.

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<i>Payment without performing tests</i>	3 000 CZK
<i>Payment when performing tests of both partners</i>	9 000 CZK
<i>Payment for performing tests only in the man or only in the woman</i>	6 000 CZK

(This payment shall be deducted from the IVF cycle price during the final billing).

The couple will then be provided the medication necessary for the entire stimulation. We shall provide instruction on their use.

Reimbursement of medication package (the price may fluctuate according to the present situation)

25 000 CZK

Departure is possible the same day.

Stimulation of the ovaries

The treatment itself may begin in any following cycle. The patient must have planned check-ups by a gynaecologist, who is experienced in evaluating the reaction of ovaries to stimulation treatment.

We ask that you inform us by telephone, when the stimulation begins. On the basis of that, we shall decide how further mutual communication shall proceed.

The first check-up should be performed directly before the period or ideally before initiating stimulation, regardless of bleeding. The goal is discover any potential pathological findings, for example cysts. We must be notified about the presence of any pathological finding. We shall decide on how to proceed further.

The stimulation treatment begins on the 2nd day of the cycle. The first day is considered to be the day when full intensity bleeding presented by 9 a.m. If the bleeding occurred later, we designate this day as day "0."

Administration of the stimulation medication then follows according to the schedule.

The next check-up follows between the 6th—8th day of the cycle. The result must again be consulted by telephone. An additional stimulation schedule and a further check-up follow.

During stimulation, the woman must undergo a general health status examination. Minimal extent: full blood count, liver tests, microscopic urine examination, ECG, evaluation, whether the woman is capable of undergoing a short procedure in total anaesthesia.

A check-up is gradually planned at our clinic, usually between the 9th-11th day of the cycle (during a slow ovarian reaction, sometimes even later).

The second stay in the C.R. should be planned for 7 to 10 days.

2nd visit at our clinic

Based on the prior arrangement, between the 9th and 11th day of the cycle (sometimes even later during a slow reaction of the ovary).

Both partners endorse their consent with treatment with a verification of identity based on a passport.

(The presence of both partners is not necessary, if the sperm was frozen and the consent form was signed during the first visit).

An ultrasound examination follows to determine the condition of ovaries and usually to schedule the end of stimulation and the eggs retrieval itself.

It is necessary to draw blood from both partners (if the sperm was not frozen) a second time to test for sexually transmitted diseases.

Reimbursement:

Deposit for IVF cycle *49 500 CZK*
(the amount paid during the first visit and the deposit of 100 Euro shall be deducted, reimbursement for sperm freezing, if performed, shall not be deducted)

All else occurs similarly to the cycle, which occurred entirely at our clinic.
Reimbursement is also the same.

All payments may be made in CZK or in the Euro equivalent converted using the current exchange rate.

We accept the majority of regular credit and debit cards.