

THE GIFT OF LIFE

Infertility treatment expert DR. JARIYA LORWATTHANASIRIKUL of **CONRADY A.R.T. CLINIC** talks about her mission to create a new life through the seven steps of in vitro fertilisation (IVF)



SINCE THE FIRST “test-tube baby” was born in 1978, the world has witnessed rapid developments in the world of advanced reproductive technology or in vitro fertilisation (IVF). Millions of babies born throughout the past four decades are testament to the impact of IVF, which extends far beyond solutions to fertility problems.

Although IVF gives many couples high hope and success, there is never a 100 percent guarantee that the reproductive technology will result in a successful pregnancy. Dr Jariya Lorwattanasirikul, a gynaecologist with expertise in the field of infertility treatments at Conrady A.R.T. Clinic, explains the various steps of reproductive technology, so that couples will better understand IVF and the related processes before making a life-changing decision.

“IVF is one of several infertility treatment methods that requires advanced medical technology and innovation. Its complications and the high cost of treatment should be taken into account. The success rate also varies, depending on each couple. Hence, we’d like to provide information about the objective and the seven steps of IVF treatment in order to understand the benefits and to optimise the success rate,” Dr Jariya says.

Step One: Counselling

This step is aimed at checking the physical conditions and each couple’s need for identifying a suitable treatment method. Some couples may have to change their lifestyles in order to prepare eggs and sperms, while others can start the process right away. The cost of treatment, the opportunity for pregnancy and other related complications will also be explained at this step.

Step Two: Stimulating Egg Growth

An injection programme will be planned. Blood tests will also be conducted to follow up on the egg growth

and to measure hormone levels. An ultrasound will be performed. As the egg grows, injections will also be conducted to stimulate ovulation for egg collection.

Step Three: Egg Collection

A needle will be used for collecting liquid inside the egg for a lab test. Dr Jariya further explains that a light anaesthetic will be given for a deep sleep effect. An anesthesiologist will closely monitor the process, which usually takes around 10-15 minutes.

Step Four: Lab Fertilisation

A scientist will take care of the egg fertilisation process in a lab. The male partner will be asked to provide a sample of his semen close to the time of egg collection. Contained within this sample are the sperm to be used for

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fertilisation, which are then prepared. A small concentration of sperm will be placed onto each egg for natural fertilisation, or by the Intracytoplasmic Sperm Injection (ICSI), the technique of injecting a sperm directly into an egg to promote fertilisation. The embryo will be produced and raised in a container for growth monitoring.

Step Five: Raising the Embryo

The scientist will raise the embryo until it reaches the blastocyst stage, usually about six days. The embryo is then ready to be transferred to the uterus.

Step Six: Alternatives for Couples

A comprehensive chromosome screening may be undertaken as an option for couples to identify abnormalities such as Down Syndrome and thalassaemia. Each couple can select screening tests they may need in this step.

Step Seven: Embryo Transfer

This is the process that the endometrium, the layer in which the implantation takes place in the uterus, will be prepared for embryo transfer. Around eight days after the embryo was transferred to the uterus, hormone checking will be carried out to ensure



that the IVF process and the pregnancy are successful.

Apart from these seven steps of IVF, Dr Jariya also emphasizes, “At Conrady A.R.T. Clinic, we’re ready to support a couple’s effort to meet the challenges by using our approach of patient-centric care. The couples will be able to participate in every step of the fertility treatment to understand the difficulties and options they have for making a decision. Our service enables couples to choose the most suitable option for their needs, for a better result and a pregnancy success.”

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