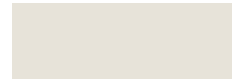
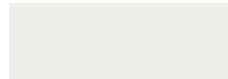


# Getting started



Moving forward together  
towards pregnancy



ISIS FERTILITY

# Welcome to ISIS Fertility



ISIS Fertility is Canberra's leading provider of a broad range of advice and assistance for couples trying to conceive. We are locally owned and operated, and committed to our community of Canberra and southern NSW.

## Our fertility specialists

### Dr Nicci Sides

Nicci is a specialist in Gynaecology and Human Reproduction. She has been helping couples achieve their dreams of having a baby for 14 years, including six years in another clinic in Canberra. Nicci has realised her dream to provide a suite of fertility services to couples needing fertility help with a holistic clinic which treats couples in an individual and caring fashion while keeping costs to a minimum.

### Professor Gab Kovacs

Gab is a specialist in Gynaecology and Human Reproduction. He is an internationally recognised pioneer in the fertility field with over 30 years experience.

### Our team

We have a friendly team of nurses, scientists and administration staff who will guide you through your time at ISIS. Please feel free to ask the team any questions along the way.



## Our fertility affiliates

At ISIS we take a holistic approach to fertility. We understand that our couples may want to visit a variety of complementary health care providers, including:

- Counsellors for emotional wellbeing
- Dietitian
- Acupuncture & traditional Chinese medicine doctor
- Naturopath for general health
- Health Club/Gym for fitness and stress relief
- Day Spa for your mental and physical wellbeing

We can provide recommendations for the above providers.



## How is ISIS different?

We are focussed on our couples' needs and aim to provide the best experience possible at an affordable price. We do not resort automatically to In Vitro Fertilisation (IVF), but will assess all aspects of your situation. We then assist you to tailor-make a personal solution unique to your circumstances. This can be a really tough road for couples; we strive to make it as smooth as humanly possible.

Some of our clients are able to achieve pregnancy without using high tech invasive methods. Using a combination of methods our philosophy is first to enhance your natural ability to conceive. Then, if necessary, we work in partnership with our couples to find the best techniques for your situation.



If however, IVF is the best option, we will ensure that we help you on that path with the least stress and the greatest safety possible.

Our relationship with Monash IVF allows us to bring the highest standards of laboratory support no matter what form of medical assistance you may require.

We are structured to keep costs to our couples as low as possible without compromising your chances of success nor the comfort and dignity of our facilities.



## Who

The “Medical” definition of infertility is: “failure to achieve pregnancy despite regular intercourse for 12 months”.

Of course, to each prospective parent the definition is a personal one. No two situations are identical.

For example, it is recommended that couples where the female is over 38 should consider seeking help sooner than the 12 month time frame. The various steps to achieve a pregnancy without IVF can take a while, so the sooner one starts the better. Also, chances are decreasing more rapidly at this age and so in some situations waiting for 12 months can waste valuable time.

Another group who may benefit from some assistance are couples who have experienced more than one miscarriage. As medical science advances, more and more reasons are being discovered for a higher rate of miscarriage. At ISIS we not only seek to help you achieve pregnancy, but also to avoid miscarriage. There have been a number of exciting advances in helping couples with recurrent miscarriage in recent years. We can help to give you the very best chance of success.

ISIS will assess your particular situation and work out what manageable factors may be contributing to difficulty in conceiving. We then develop a personalised management plan. This can range from basic lifestyle advice, or simple things like enhancing timing, to medications that increase the number of eggs released by the woman (and thus the chance of a natural pregnancy), artificial insemination using the partner’s sperm, all the way to the most advanced and up to date IVF and ICSI techniques.

We believe we are unique in making you aware of all your options and assisting to support you no matter what path you feel is best in your situation.

# First steps



## 1. Prepare your body

### Get your vitamins in order

It is important to provide your body with the vitamins it needs to create and support a pregnancy. Even if you think that you have a healthy, balanced diet, it is recommended that you take a multivitamin.

We recommend Elevit® (for women) or Menevit® (for men). It is important to take these vitamins for at least 3 months before you try to get pregnant and throughout your pregnancy.

### Decrease toxins, eat well and exercise regularly

Your body needs to be in optimal health to become pregnant and to have a healthy baby. That means it is necessary to cut out smoking and decrease toxins such as caffeine and alcohol. Make sure you incorporate plenty of fresh fruit and vegetables, lean meats and fish into your diet.

Incorporate regular exercise into your routine – this does not mean that you need to go to a gym for an hour a day 5 days a week. It could be as simple as taking a 30 minute walk at lunch 3 times a week.

## 2. Make an appointment to visit your General Practitioner (GP) before attending your fertility appointments

### Request ante-natal screening tests from your GP

It is important to request ante-natal screening tests from your GP. This will ensure your treatment is not held up by having to get tests later. See the list of tests required later in this booklet.

### Request a referral

In order to get the Medicare rebate for your fertility treatment, you will need to get a current referral from your GP that covers you and your partner. This will ensure your treatment costs are kept as low as possible using the Medicare rebate.

## 3. Make your fertility appointments

Please call or visit your Fertility Specialist to arrange the following appointments. By making these appointments as soon as possible, we can ensure you are well on the road to achieving your goal.

When making these appointments, the receptionist will ask you for your address details so they can send you a questionnaire to complete called a “Patient Information Form”. Please bring this completed form with you to your first appointment.

## 4. Prepare for your fertility appointments

### Collect past medical records from the hospital where the procedure was performed

Obtain any old records such as laparoscopy reports – you may request these from the hospital that performed the procedure by writing to the medical records department, request operative report, discharge summary and pathology pertaining to that admission.

Bring your most recent pelvic ultrasound reports from last 2 years – if you don’t have one don’t worry.

If you have any medical or genetic diseases under specialist care, obtain a copy of the specialist’s report from the last 12 months.

### Collect up all your pathology results

Please make sure all tests have been completed if possible.

## 5. Attend your appointments

### Medical history

This visit is with a General Practitioner (GP) who works with your Fertility Specialist. At this visit your medical history will be reviewed by a General Practitioner (GP) who works with your fertility specialist. They will check that you have all test results available for your appointment with your Fertility Specialist.

### Action plan

One week after your medical history appointment, you will meet with your Fertility Specialist at their consulting rooms. Your test results and your medical history provided by the GP will be reviewed.. Your Fertility Specialist will help you develop an action plan and advise any further tests that could be helpful.

Your Fertility Specialist may suggest fertility treatment for you, such as Ovulation Induction (OI), Intra-uterine insemination (IUI), In-vitro fertilisation (IVF), Frozen Embryo Transfer (FET) or Intra-cytoplasmic Injection (ICSI). Your treatment cycle can now start without further delay, depending on the dates of your menstrual cycle.

## How it all works



### 1. Make an appointment at ISIS Fertility

Please phone ISIS Fertility on 02 6175 9000 to make an appointment for an initial consultation with a Fertility Care Nurse. Please specify the treatment you are going to have, e.g. OI, IUI, IVF, ICSI or FET. At the time of making the appointment, the receptionist will confirm that the consent form, the treating specialist's activation form and patient information form are all complete. We then organise a treatment cycle for you.

### 2. Meet your Fertility Care Nurse

At this appointment, your Fertility Care Nurse will go through everything you need to know about your treatment. Your Fertility Care Nurse will be happy to answer any questions that you have about the treatment.

### 3. Understand how payment and the Medicare process works

You will meet with a member of the administration team to discuss payment and how the Medicare rebate process works. Payment is required at the time when you pick up your drugs. Refer to our treatment cost brochure for more information.

### 4. Visits to ISIS Fertility

Over the course of your treatment there will be various times when you need to come to ISIS. These occasions may include blood tests, ultrasounds, insemination, semen sample collection, egg collections or embryo transfers. Your Fertility Care Nurse will guide you through the process and will let you know what you need to do. Tea, coffee and light snacks are available for your comfort.

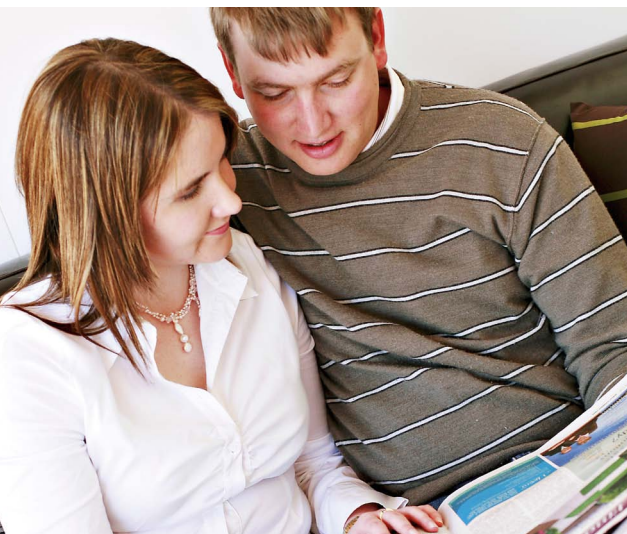
ISIS Fertility has conveniently located the Fertility Care Nurse treatments, blood tests, ultrasounds, counselling, egg collections and embryo transfers at 9 Sydney Avenue in Barton. We don't want you stressed about driving to multiple different places during your treatment.

### 5. Review visit

After your treatment your Fertility Care Nurse will arrange a follow up appointment with your Fertility Specialist regardless of whether you are pregnant or not. This follow-up appointment is an opportunity to debrief and review what has happened and to make any future plans.



## Tests



Your GP can arrange some tests before you attend your fertility appointments.

### Full blood count

Looking to ensure parameters are normal particularly Haemoglobin (the red cells in the blood which carry oxygen) which can drop with heavy periods.

### Blood group and antibody screen

Rhesus antibody screen looks at whether you are blood group A, B, AB or O and if you a positive or negative blood group. Women with a negative blood group must have an Anti-D injection if there are threatening to miscarry or have bleeding, have Chorionic Villus Syndrome. This will stop the mother sensitising against babies they may carry in the future.

### Rubella immunity (German measles)

This ensures that you are immune from contracting Rubella in pregnancy which can lead to foetal abnormalities. If not immune, you could be vaccinated before attempting to become pregnant.

### Syphilis

An old fashioned disease but devastating to you and your baby if untreated. Fortunately treatment is available and is very effective.

### Hepatitis B surface antigen

This detects if you have Hepatitis B in the blood. All babies born of Hepatitis B positive mothers are given immunoglobulin to prevent then contracting Hepatitis at birth. New babies are now vaccinated against Hepatitis B in a three vaccination course.

### Hepatitis C antigen

To check if you have Hepatitis C infection. This may be a totally silent infection and in the long term can cause liver damage.

### HIV

HIV has become more common. By treating the mother with antiviral medication in pregnancy we can reduce the transmission to the baby.

### TSH

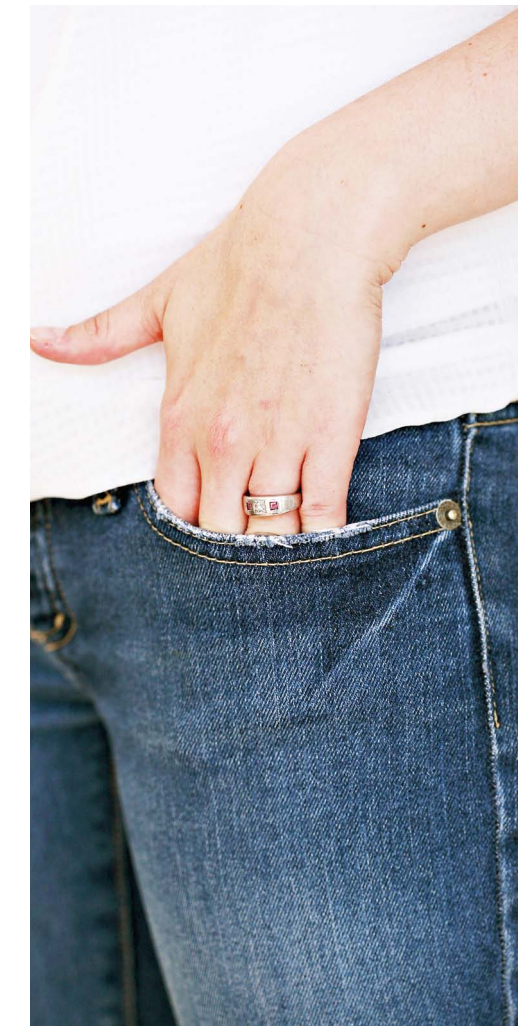
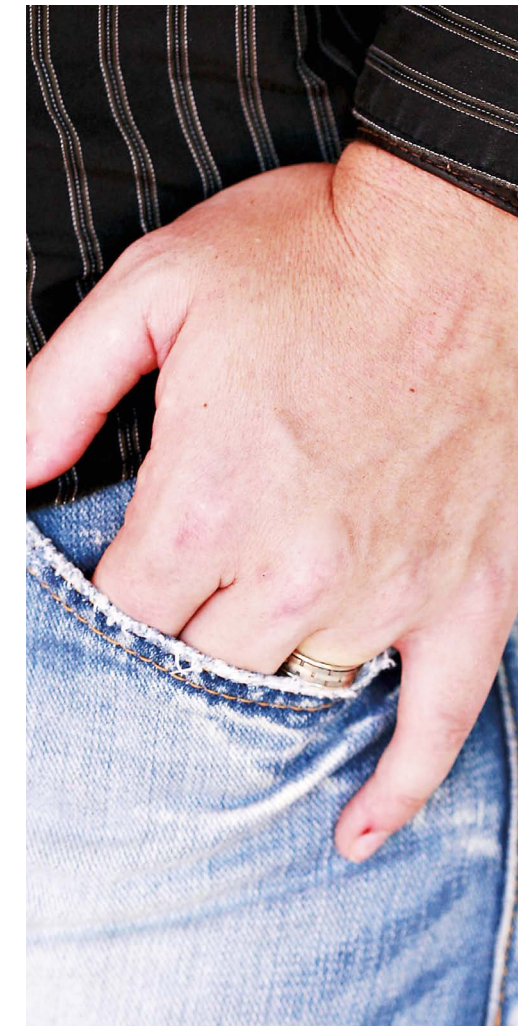
Thyroid Function Tests (TSH) look for Thyroid stimulating hormone to ensure you do not have overactive or underactive thyroid. Abnormal thyroid functions can increase infertility and possibly be linked to miscarriage.

### Pap smear

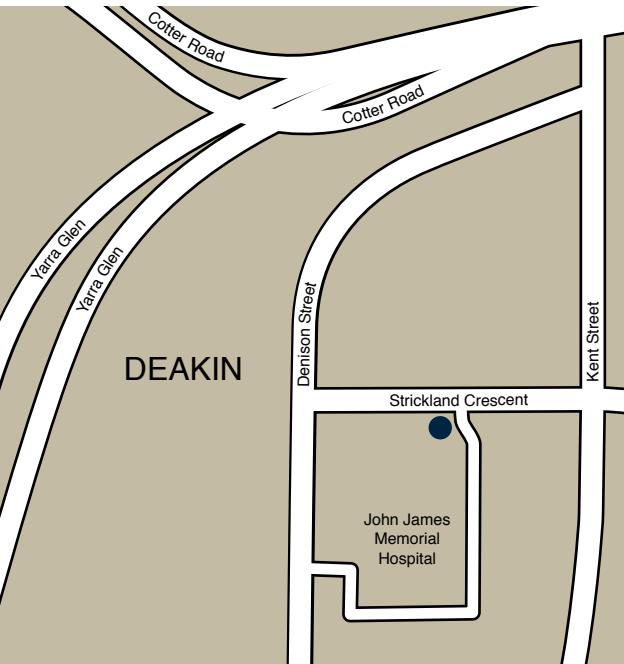
Cells are taken from the cervix are examined under a microscope. This screening should be done every two years or yearly if you have had recent abnormalities of the cervix. We need to exclude pre-cancerous cells of the cervix.

### Chlamydia

Chlamydia often has no symptoms.



# Contact us



## Dr Sides' office

Suite 1, Level 2  
Clinical Services Building  
173 Strickland Crescent  
Deakin ACT 2600

P: 02 6282 5577

F: 02 6282 5622

W: [www.isisfertility.com.au](http://www.isisfertility.com.au)

E: [info@isisfertility.com.au](mailto:info@isisfertility.com.au)

### Opening Hours

Monday–Thursday  
9 am – 5 pm

## Clinic

Suite 1, Level 1  
9 Sydney Avenue  
Barton ACT 2600  
ABN 78 790 211 249

P: 02 6175 9000

F: 02 6175 9001

W: [www.isisfertility.com.au](http://www.isisfertility.com.au)

E: [info@isisfertility.com.au](mailto:info@isisfertility.com.au)

### Opening Hours

Monday–Friday  
7.30 am – 3.30 pm

Images by Lisa Kelly Photography

