

ask the EXPERTS

Q *My husband and I have been unsuccessful at conceiving. Is there a procedure that can help?*

A In-vitro fertilisation (IVF) uses laboratory techniques to bring the egg and sperm together outside a woman's body and involves several treatment stages. Hormonal injections may be administered to boost the quantity of eggs, which are then retrieved via vaginal ultrasound, fertilised with sperm to form embryos and transferred back into the womb a few days later.

When Is IVF Required?

It is needed when initial treatments like fertility drugs or intra-uterine insemination are unsuccessful, if a woman's age is above 40 or if a couple's condition includes challenges like severe male factor infertility and serious gynaecological conditions such as blocked fallopian tubes.

Increasing Success Rates

How to boost the potential effectiveness of IVF? Quit smoking, reduce alcohol and caffeine intake and keep chronic medical conditions under control. Men should limit heat exposure from hot baths and saunas while women should ensure they have rubella immunisation, take folic acid to prevent birth defects and undergo a thorough gynaecological evaluation first.

Additional Measures

Seek treatment for swollen fallopian tubes, fibroids, ovarian cysts and endometriosis, if any. A laparoscopy and hysteroscopy can help assess the uterine cavity to ensure your embryos are implanted in a healthy environment. It isn't always a guarantee, but these tips can help your chances of conceiving successfully.



THE EXPERT
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IVF is a popular choice for couples struggling to conceive, and is usually recommended if simpler fertility treatments are unsuccessful.

Health & Fertility Centre for Women is every modern woman's partner in health, meeting all your medical needs, from fertility management and delivery, through to motherhood and beyond, using state-of-the-art facilities within a safe and comfortable environment.

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