Contents

SECTION 1: INTRAUTERINE INSEMINATION (IUI)

1. IUI: The Treatment Option of Choice 1
Introduction 1

2. Indications and Stimulation Protocols 3
Aims of IUI 3
Pre-requisites for Performing IUI 3
Not Mandatory but Preferred Factors 4
Indications 4
Unexplained Infertility 4
Male Factors 4
Female Factors 5
Fallopian Tubes 5
Immunological Infertility 5
IUI with Donor Semen 5
Other Factors Affecting the Outcome of IUI Treatment 6
Stimulation Protocols in IUI 6
Natural Cycle IUI 6
Ovarian Stimulation and IUI 7

3. Laboratory Set-up and Equipment 8
Basic Requirements for IUI 8
Room and Environment 9
Laboratory Discipline 9
Record Maintenance Area 9
Privacy 9
Cleaning 9
Annual Maintenance 10
List of the Required Laboratory Equipment 10

4. Rationale and Technique 13
Rationale of IUI 13
Technique of IUI 13
Catheters 14
Loading of Prepared Sperms 15

5. Donor Insemination 16
Indications 16
Screening of Donors 16

Methods of Sperm Preparation 17
Stimulation in Donor Insemination 17
Timing of Intrauterine Insemination in Donor Insemination 17
Success Rate 18
Ethical and Legal Factors with Donor Insemination 18

6. Intrauterine Insemination: Case Studies 19
Case 1: Unexplained infertility 19
Case 2: Male Factor Problem 20
Case 3: PCOS 20
Case 4: Unexplained Infertility Treated with Antagonist Protocol 21
Case 5: Mild Endometriosis Diagnosed By Laparoscopy 22

SECTION 2: TOPICS COMMON TO IUI, IVF AND ICSI

7. Reproductive Physiology in Relation to IUI and IVF 23
Oogenesis and Oocyte 23
Menstrual Cycle 26
Follicular Phase 26
Ovulatory Phase 26
Luteal Phase 26
Endocrinal Regulation of Menstrual Cycle 27
GnRH 28
FSH and LH 28
Estradiol and Progesterone 28
Spermatogenesis and Sperms 28
Development of Sperms 28
Sperm 31
Testicular Hormones and their Functions 31
Action of FSH, LH, Testosterone and Inhibin 31
Interstitial Cell Stimulating Hormone (ICSH) 32

8. Semen Analysis 33
Procuring Semen Sample 33
Handling of Specimen 34
Abstinence 34
Physical Characteristics 34
Microscopic Examination 35
Preparation for Semen Examination 35
Sperm Count 35
Agglutination 36
Sperm Morphology 36
Hypo-osmotic Swelling Test 37

Sperm Function Test 37
Acrosomal Integrity 37
Zona-free Hamster Egg Penetration Test 38

9. Sperm Preparation Techniques 40
Sperm Preparation 40
Why do Sperm Preparation is Needed? 40
Semen Collection 40
Sperm Preparation Techniques 40
Calculation of Total Motile Sperm 41
Swim-up Technique (WHO, 1999) 41
Swim-up Technique Followed at Safal Fertility Foundation 41
Direct Swim-up 42
Density Gradient Method (WHO, 1999) 43
Density Gradient Technique Followed at Safal Fertility Foundation 43
Preparation of Poor Quality Samples 45

10. Ovarian Hyperstimulation Syndrome 46
Classification of OHSS 46
Various Features of OHSS 47
Pathophysiology 47
Prediction of OHSS 47
List of Symptoms in OHSS 48
Principles of Management 48
OHSS Management 48
Dopamine Agonists in Management of OHSS 50

11. Cryopreservation 51
Methods of Cryopreservation 51
Cryopreservation of Human Sperms 51
List of Equipment and Materials Required for Cryopreservation of Semen 52
List of Equipment and Materials Required for Embryo 53
Methodology for Cryopreservation of Semen 53
Embryo Freezing 53
Procedures for Freezing of Embryos 54
Programmed Cryopreservation 54
Clinical Aspects of Cryopreserved Embryos 55
Natural Cycle 55
Artificial Cycle 55
Thawing of the Embryos 56
Procedure for Embryo Thawing 56
Vitrification 56

Procedure 57
Advantages of Vitrification 57
Some Potential Reasons for Freezing Eggs 57

12. Counseling 58
Counselor 58
Fertility Counselors Can Help Patients 58
Qualities of the Counselor 59

SECTION 3: *IN VITRO* FERTILIZATION (IVF) AND INTRACYTOPLASMIC SPERM INJECTION (ICSI)

13. IVF and ICSI: An Overview 61
Common Reasons Used for performing ICSI 62

14. Indications 63
Tubal Factor 63
Male Factor 63
Endometriosis 64
Ovulatory Disorders 64
Unexplained Infertility 64
Immunological Factor 64
Failed Donor Insemination 64
Donation of Eggs and Embryos 64
Surrogacy 65
Sex-Linked Diseases 65
Indications and Patient Selection in ICSI 66

15. Steps of IVF and ICSI 68
Stimulation of Ovaries 68
Oocyte Retrieval, Identification and Grading 68
Fertilization 69
Embryo Transfer 69
Sperm Retrieval Techniques 69
Indications for Surgical Sperm Retrieval for ICSI 70
Surgical Methods of Sperm Retrieval 70
Epididymal Sperm Retrieval 70
Nonsurgical Methods of Sperm Retrieval 70

16. Stimulation 72
Drugs to Stimulate the Ovaries (to Produce Multiple Oocytes) 72
Natural Cycle 72
Superovulation 72

Stimulation Protocols 74
Long Protocol 74
Short/Boost/Flare Protocol 75
Ultrashort Protocol 76
French Protocol 76
Antagonist Protocol 76
Monitoring 76
Sonographic Monitoring 76
Hormonal Monitoring 77
Timing of hCG Administration 77
Criteria of Cycle Cancellation at Safal Fertility Foundation 77

17. Oocyte Retrieval 78
Laparoscopic Oocyte Retrieval 78
Ultrasound Guided Oocyte Retrieval 79
Infection 80
Bleeding 80
Inadvertant Injury to Surrounding Tissues 81

18. Fertilization 82
Oocyte Identification and Grading 82
Steps of Embryo Culture Followed at Safal Fertility Foundation 84
Oocyte and Embryo Grading 86
Oocyte Grading 86
Cell Number 86
Cell Regularity—Degree of Regularity of Size of Blastomeres 86
Degree of Fragmentation 87
Presence of Multinucleation 87
Assessment of Maturity of Oocytes 87
Semen Parameters 88
Embryo Grading 88
Total Quality Management 89

19. Intracytoplasmic Sperm Injection 90
Indications and Patient Selection in ICSI 91
How Safe is ICSI? 92
Sperm Retrieval Techniques 94
Surgical Methods of Sperm Retrieval 94
Epididymal Sperm Retrieval 94
Testicular Sperm Retrieval 96
Nonsurgical Methods of Sperm Retrieval 97
Success Rates and Outcomes of ICSI 98

20. Embryo Transfer 100
Procedure of Embryo Loading 100
Procedure of Embryo Transfer 101

21. Laboratory Aspects 103
Cleaning 103
Equipment 103
Media and Disposables 103
Maintenance of Lab Sterility 104
Intracytoplasmic Sperm Injection (ICSI) 104

22. Success Rate and Complications 105
Success Rate 105
ICSI Success Rates and Risks 106
Rate of Spontaneous Abortion and Ectopic Pregnancy 106
Complications 106

23. Economics of IVF and ICSI 107
Heavy Expenses 107
Economics at Safal Fertility Foundation 108
Making IVF Affordable 108

24. Case Studies 110
Case 1: Bilateral Tubal Block 110
Case 2: Endometriosis + Male Factor 110
Case 3: PCOD + Tubal Factor 111
Case 4: Trouble Shooting During Oocyte Retrieval 112
ICSI: Case Studies 113
Case 1: Unexplained Infertility 113
Case 2: Male Infertility 114

Bibliography 117

Index 119