Contents

Section 1 Setting-up an ART Laboratory

1. How to Set-up an ART Laboratory? **3**
Sunita R Tandulwadkar, Devika Chopra

Location of the Art Laboratory 3 • Construction Materials 3 • Construction Design 4 • Configuration of the Air-handling Ventilation and Filtration System 4 • Use of Ultraviolet Lamps in in vitro Fertilization Laboratory 4 • Laminar Air Flow Hoods 5 • Incubators 5 • Microscopes 5 • Centrifuges 6 • Liquid Nitrogen Cans 6

2. Quality Control in an ART Laboratory **8**
Vijay Mangoli, Ranjana Mangoli

Laboratory Personnel 8 • Procedures 9 • Culture Room 10 • Infection/Contamination Control 10 • Instructions to Patients 10 • Record Keeping 10 • Other Aspect of Quality Control 10

3. Quality Care Management in ART Clinic **12**
Madhuri Patil

Objectives of Quality Control and Assurance 12 • Minimal Physical Requirements of an ART Clinic 13 • Documentation 17 • Quality Control and Quality Assurance 18 • Discussion 20

Section 2 How to Investigate an Infertile Couple?

4. Evaluation of the Male Partner **25**
Madhuri Patil

Evaluation of Male Partner 26 • Discussion 42

5. Investigation of Infertile Female **46**
Sonia Malik, Meenakshi Dua, Vandana Bhatia

Individualized Pretreatment Assessment 46 • General Assessment 46 • History and Physical Examination 46 • Tests 47

6. Ultrasound and Doppler in Infertility **52**
Sonal Panchal, Narendra Malhotra, Jaideep Malhotra, Chaitanya Nagori

Monitoring of Treatment Cycles in Patients with Infertility 52 • Early Proliferative Scan 52 • Preovulatory Scan 53 • Luteinized Unruptured Follicle 64

7. Effect of Environment on Fertility **68**
Sunita R Tandulwadkar, Sejal Naik

Mechanism of Damage to Cell 69 • Common Compounds Detrimental to Fertility 69 • Clinical Consideration 71

Section 3 Endoscopy in Infertility

8. Fertility Enhancing Laparoscopic Surgery **77**
Sanjay Patel

Tubal Surgery 77 • Endometriosis Surgery 79 • Laparoscopic Myomectomy 83 • Laparoscopic Adenomyomectomy 83

9. Fertility Enhancing Hysteroscopic Surgery **89**
Rishma Pai, Hrishikesh Pai, Nandan Roongta
Endometrial Polyps 90 • Myomas 90 • Septate Uterus 93 • Intrauterine Adhesions 94

10. Pilot Hysteroscopy before ART **97**
Nandita Palshetkar, Hrishikesh Pai, Nandan Roongta
General Considerations 97 • Diagnostic Hysteroscopy Prior to ART 98 • Hysteroscopy in Cases of Repeated IVF Failures 99 • Operative Hysteroscopy 99 • Other Indications 103

Section 4 Endocrinology and Stimulation Protocols

11. Genetic Markers of Ovarian Response **107**
Giulia Brigante, Manuela Simoni
Ovarian Response 107 • Genetic Aspects 107 • Genomic Structures 108 • Genetic Polymorphisms and Ovarian Response to Gonadotropins 108 • Conclusion and Future Perspectives 112

12. Physiology of Follicular Phase **114**
Ubaldi F, Cimadomo D, Capalbo A, Rienzi L
The Saga of Primordial Germ Cells 114 • Future Perspectives 118

13. Progesterone in Follicular Phase during Controlled Ovarian Stimulation **120**
Sunita R Tandulwadkar, Sejal Naik
Impact of Progesterone on Pregnancy 120 • Impact of Progesterone on Oocytes and Endometrium 121 • Pathogenesis 121 • Follicular-Phase Profile in the Normal Cycle "Two-Cell, Two-Gonadotropin" 122 • Profiles during Ovarian Stimulation 122 • Clinical Implications of Elevated Progesterone in Follicular Phase 123

14. Therapeutic Window for Luteinizing Hormone in Controlled Ovarian Stimulation **126**
Arveen Vohra, Kamini A Rao
Physiological Role of Luteinizing Hormone 126 • Luteinizing Hormone: Different Forms 129 • Role of LH in Assisted Reproductive Technology 131

15. Stimulation Protocols for ART **138**
Padma Rekha Jirge
Ovarian Stimulation 138

16. Stimulation Protocols for Polycystic Ovarian Syndrome in ART **142**
Padma Rekha Jirge
Ovarian Stimulation in IVF 142 • Prevention of Premature Luteinization 142 • Pretreatment 143 • Metformin as an Adjuvant with Gonadotropins in IVF 143 • Ovulation Trigger 143 • Coasting 143 • In Vitro Maturation of Oocytes 144

17. GnRH Agonists and Antagonists in Assisted Reproduction **146**
Pratap Kumar
Exogenous Gonadotropin Stimulation after Downregulation with a Long-acting GnRH Agonist: Long Protocols 146 • Stimulation with Exogenous Gonadotropins with Addition of a GnRH Antagonist 149

18. Monitoring Ovarian Stimulation **153**
Madhuri Patil
Why Monitor Ovulation Induction Cycles? 153 • How do We Monitor the Ovulation Induction Cycle? 153 • Assessment of Ovarian Reserve 153 • Ovarian Reserve Test 155 • Discussion 176

19. Ovulation Trigger 184
Fessy Louis T
Human Chorionic Gonadotropin 184

Section 5 Gamete Collection and Preparation

20. Oocyte Retrieval 191
Sunita R Tandulwadkar, Sejal Naik, Devika Chopra
Primary Assessment 191 • Techniques 191 • Timing 192 • Equipment 192 • Procedure 192 • Complications 193

21. Oocyte Evaluation and Preparation 198
Sonal Vaidya
The Oocyte 198 • Oocyte Abnormalities 199

22. Semen Analysis and Evaluation of Sperm 207
Daniel Franken
Semen Analysis 207 • Evaluation of Sperm and Sperm Function 208

23. Semen Collection and Preparation 212
Ashok Agarwal, Sejal Doshi
Semen Collection 212 • Commonly Used Movement-based Techniques 213 • Salient Points 218

Section 6 Micromanipulation

24. Micromanipulation: Instrument, Technique and ICSI Procedure 223
Sunita R Tandulwadkar, Susmitha Dulipalla, Chaithra SK
Indications of Intracytoplasmic Sperm Injection 223 • Ejaculated Spermatozoa 223 • Equipment and Materials 224 • Intracytoplasmic Sperm Injection Procedure 225 • Collection and Preparation of the Oocytes 227 • Setting for the Microinjection 229 • Sperm Immobilization 230 • Penetration into the Ooplasm 230 • Evaluation of Fertilization, Embryo Development, Culture Conditions, and Embryo Replacement 231

Section 7 Enhancing Sperm, Oocyte, Embryo Quality

25. Polarized Light Microscopy 235
Devika Chopra
Polarized Light Microscopy 235

26. IMSI in Daily Laboratory Practice: Lights and Shadows 241
Fabien Murisier, Françoise Urner, Alain Chanson, Marc Germond, Alfred Senn
Material and Methods 241 • Results 243 • Discussion 244

27. Role of Preimplantation Genetic Diagnosis in ART 247
Sunita R Tandulwadkar, Sejal Naik
Methods of Breaching the Zona 247 • Polar Body Biopsy 249 • Cleavage-Stage Embryo Biopsy 250 • Blastocyst Biopsy 250 • Chromosomal Aneuploidies 251 • Chromosomal Translocations 252 • Blastocyst Transfer following Biopsy 252 • Impact of PGD on IVF Outcome 252

28. Assisted Hatching of Human Embryos **254**
Sunita R Tandulwadkar, Devika Chopra

Structure and Function of Zona Pellucida 254 • Indications for Assisted Hatching 255 • Mechanism of Assisted Hatching 256 • Techniques of Assisted Hatching 256 • Laser-assisted Hatching 257 • Review of Literature 258 • Risks Associated with Assisted Hatching 258

Section 8 Culture of Embryos and Transfer

29. Culture and Evaluation of Embryos: From Fertilization to Transfer **263**
Rajvi H Mehta

Culture Media for ART 263 • Basic Composition of Culture Media for ART 263 • Sequential versus Single Step Culture Medium 265 • In Vitro Culture Conditions 265 • Evaluation of Zygotes and Embryos 266

30. Proteomics and Metabolomics in ART **271**
Devika Chopra

What are Genomics, Proteomics and Metabolomics? 271 • Proteomics in ART 271 • Proteomic Studies on the Male Reproductive System 273 • Metabolomics in ART 274

31. Time-lapse Microscopy **278**
Sunita R Tandulwadkar, Devika Chopra

Stages of Embryo Development 278 • Time-Lapse Microscopy 278 • Future Prospects 284

32. Embryo Transfer: Catheters and Techniques **287**
Hrishikesh Pai

Historical Aspects 287 • Preparatory Techniques 287 • Other Techniques 292

Section 9 Implantation

33. Endometrial Receptivity **297**
Jure Knez, Christophe Blockeel

The Process of Implantation 297 • Endometrial Receptivity 297 • The Role of Steroid Hormones 298 • Morphologic and Molecular Markers of Receptivity in Human Endometrium 298 • Non-invasive Assessment of Endometrial Receptivity 301

34. Embryo Endometrial Dialogue **305**
Sunita R Tandulwadkar, Kamala Selvaraj, Devika Chopra

Synopsis 305 • Preimplantation Embryo Development 306 • Uterine Receptivity and Implantation 306 • Implantation Window 306 • Susceptibility to Immunity 307 • Relevance of the Leptin System in the Embryo: Endometrial Dialogue 307 • Potential Molecular Signaling during Implantation 308 • Immunomodulation 308 • Cytokines 308

35. Physiology of Implantation in Natural Cycle Versus Stimulated Cycle **311**
Jana AlShalati, Togas Tulandi

Changes in Endometrium during Menstrual Cycle 311 • Early Embryo Development and Implantation 311 • Stimulated Cycle 312

36. Recurrent Implantation Failure: Strategies and Intervention **314**
Sadhana K Desai, Partha Guha Roy

Embryo as a Possible Cause of RIF: Strategies and Intervention 314 • Endometrium as Possible Cause of RIF: Strategies and Intervention 316 • Immunological Factors 317 • Adjuvant Pharmaceutical Therapies 318 • Alternative Medicines to Improve Implantation 319 • Surrogacy and Gamete Donation 320

37. Implantation and the Endometrium in Uterine Fibroid **323**
Sesh Kamal Sunkara

Fibroids and Fertility 323 • Fibroids and in Vitro Fertilization Treatment Outcome 323 • Fertility after Myomectomy 324 • In Vitro Fertilization Outcome after Myomectomy 324 • Alternative Treatments for Fibroids 324

38. Implantation in Endometriosis **326**
Sunita R Tandulwadkar, Anupama Singh

Physiology of Implantation 326 • Pathogenesis of Defective Implantation 328 • Treatment of Endometriosis 330 • Future Research Areas 330

Section 10 Cryopreservation

39. Oocyte Cryopreservation **337**
Dominic Stoop

Efficiency of Oocyte Cryopreservation 337 • Clinical Applications 338

40. Embryo Cryopreservation **341**
Yasser Orief, Engie Al Salman

Cryopreservation of Two Pronuclear Stage Zygotes 342 • Comparison of the Different Cryopreservation Techniques 343 • Future Perspectives 351

41. Cryopreservation of Ovarian Tissue **353**
Sunita R Tandulwadkar, Sejal Naik

Ovarian Cortical Tissue 354 • Whole Ovary Cryopreservation 354 • Methods of Freezing 355 • Pregnancy after Ovarian Tissue Cryopreservation 355 • Transplantation 355 • Risk of Cancer Recurrence 356 • Alternatives to Ovarian Tissue Cryopreservation 357

42. In Vitro Maturation of Oocytes **359**
Sunita R Tandulwadkar, Devika Chopra

History of In Vitro Maturation of Oocytes 360 • In Vitro Maturation of Oocytes 360 • Applications of In Vitro Maturation 360 • Disadvantages of In Vitro Maturation 360 • Animal Models for In Vitro Maturation 361 • Discussion 361

43. Semen Banking **364**
Natachandra Chimote, Bindu Chimote, Nishad Chimote

General Aspects of Semen Banking 364 • The Principal Variables of Cryopreservation: Solutions, Temperatures and Rate Changes 364 • Sperm Cryopreservation 365 • Apoptosis in Ejaculated Human Spermatozoa 365 • Mechanisms and Manifestations of Cryoinjury in Spermatozoa 365 • Apoptosis in Cryopreserved Subfertile Semen Samples 367 • Methods to Decrease Apoptosis during Sperm Cryopreservation 367 • Processing of Semen can Result in Increased Sperm Deoxyribonucleic Acid Fragmentation 368 • Effects of Cryopreservation on Human Sperm Deoxyribonucleic Acid Integrity 369 • Cancer and Fertility: Strategies to Preserve Fertility 369 • Effects of Cancer and its Treatment on Fertility 369 • Preservation of Fertility for Young Adults with Cancer 370 • Cryopreservation Techniques 370 • Male Fertility Preservation 370 • Sperm Vacuoles are not Modified by Freezing–Thawing Procedures 370 • Simple Vitrification for Small Numbers of Human Spermatozoa 371 • Protocols for Laboratory Procedures 371 • Procedures (Aspiration from Surgery) 372 • Procedure (Semen from Ejaculate) 373

44. Fertility Preservation in Cancer (Male and Female) **378**
Bina Vasan

Effects of Cancer and its Treatment on Fertility 378 • Patients' Dilemma: Coping with Cancer and Decision on Fertility Preservation 381 • Malignant Conditions Necessitating Fertility Preservation 381 • Methods of Fertility Preservation in Males 384 • Methods of Fertility Preservation in Females 386

• Special Considerations for Ovarian Stimulation in Cancer Patients 389 • Obstacles to Fertility Preservation 390 • Ethical Dilemma 390 • Current Guidelines for Fertility Preservation 390

Section 11 Luteal Phase in ART

45. Luteal Phase Support in ART **399**
Sunita R Tandulwadkar, Sejal Naik, Chaithra SK

Luteal Phase in Natural Cycles 399 • Luteal Phase Defect 399 • Luteal Phase in Stimulated Cycles 400 • Rationale Behind Luteal Support in Agonist/Antagonist Cycles 400 • Practical Options for Luteal Support 401 • Efficacy of Various Progesterone Preparations 401 • Duration of Luteal Support 402 • Adjunct Therapy for Luteal Phase Support 402 • Luteal Phase in Special Cases 402

Section 12 ART in Special Conditions

46. Endometriosis and ART **407**
Israel Ortega, Juan A García-Velasco

Medical Treatment Prior to in Vitro Fertilization 407 • Management of Ovarian Endometriomas 408 • Risks of Expectant Management and Surgery 410

47. Myomas in Infertility **413**
Sunita R Tandulwadkar, Devika Chopra

Recent Evidence 413 • Effect of Location of Myoma on IVF Outcome 413 • Effect of Size of Myoma on IVF Outcome 417 • Effect of Myomectomy on IVF Outcomes 417

48. Genital Tuberculosis and ART **421**
Neena Malhotra

Epidemiology of Genital Tuberculosis 421 • Etiopathogenesis of Infertility in Genital Tuberculosis 421 • Diagnosis of Genital Tuberculosis 422 • Endoscopy Prior to in Vitro Fertilization 423 • Indications of Assisted Reproduction Techniques 424 • Pre-in Vitro Fertilization Evaluation 424 • Medical Treatment Prior to in Vitro Fertilization 426 • Surgical Treatment Prior to in Vitro Fertilization 427 • Problems during in Vitro Fertilization 427 • Outcome of Assisted Reproduction Techniques 427

49. Poor Ovarian Response **430**
Sunita R Tandulwadkar, Parinaaz Parhar

Definition 430 • Incidence 432 • Etiology 432 • Predictors of Poor Ovarian Response 432 • Treatment 434 • Natural Cycle IVF and Modified Natural Cycle IVF 437 • Other Adjuvants 438 • Laboratory Options in Poor Response Cycles 438

50. ART in Polycystic Ovary Syndrome **444**
Jaideep Malhotra, Parul Arora

Challenges in PCOS 444 • Pathophysiology and Oocyte Abnormalities in PCOS 445 • Ovarian Stimulation Protocols for ART Cycles in PCOS 447 • Insulin Sensitizers in PCOS 450 • Complications of Ovarian Stimulation in PCOS 454 • In Vitro Maturation 457

Section 13 Third Party ART

51. Gamete Donation **463**
Abha Majumdar, Chauhan Kumudini

Sperm Donation 463 • Oocyte Donation 466 • Changing Practice of Anonymity 468 • Levels of Information Sharing 468

52. Embryo Donation **475**
Devika Gunasheela, Ashwini S, Jyothi Patil, Prathiba G

Definition 475 • History 475 • Types 475 • Source 476 • Indications for Embryo Donation 476 • Guidelines 476 • Record Keeping 477 • Protocol 478 • Success 478 • Legal Issues 478 • Ethical Issues 478 • Donor Issues, Obstacles and Dilemmas 479

53. Surrogacy **481**
Nayana Patel, Pankaj Kaingade

Indian Mythology 481 • Bible Mythology 481 • Definitions 481 • Indications for Gestational Surrogacy 481 • Steps in Surrogacy 482 • Our Experience 484

Section 14 Pregnancy and ART

54. First Trimester Screening in Pregnancies Conceived with ART **489**
Pooja Lodha

First Trimester Screening 489 • Effect of ART on First Trimester Screening 491 • Effect of FTS on ART Pregnancy 492 • Other Implications of FTS Results for ART 492 • Possible Explanations for Differences in FTS in ART Pregnancies 493

55. Obstetric Outcome Following ART **495**
Sunita R Tandulwadkar, Bhavana Mittal, Nirzari Mangeshikar

Comparison of Pregnancy Outcome in Fertile versus Subfertile Women 495 • Comparison of the Pregnancy Outcomes of Subfertile Women after Infertility Treatment and in Naturally Conceived Pregnancies 495 • Comparison of Pregnancy Outcome in Fertile Women versus ART Pregnancies in Subfertile Women 496 • Comparison of Pregnancy Outcome in Natural Conception in Subfertile Women or Use of Ovulation Induction (With or Without Intrauterine Insemination) and Use of in Vitro Fertilization 497

56. ART to Antenatal Care **499**
Sunita R Tandulwadkar, Parinaaz Parhar

First Trimester 499 • Second and Third Trimester 502

Section 15 Complications in ART

57. Ovarian Hyperstimulation Syndrome **509**
Nalini Mahajan

Pathophysiology 509 • Clinical Presentation and Classification of Ovarian Hyperstimulation Syndrome 510 • Ovarian Hyperstimulation Syndrome Prevention 512 • Management of Ovarian Hyperstimulation Syndrome 515

58. Ovarian Cancer and ART **519**
Priya Bhave Chittawar

Infertility and Ovarian Cancer Risk 519 • Drawbacks of the Studies Evaluating IVF and Ovarian Cancer Risk 521

59. Ethical and Stress Issues in ART **524**
Ian Cook

Ethical Issues 524 • Stress Issues 528 • Counseling 532

Index *535*