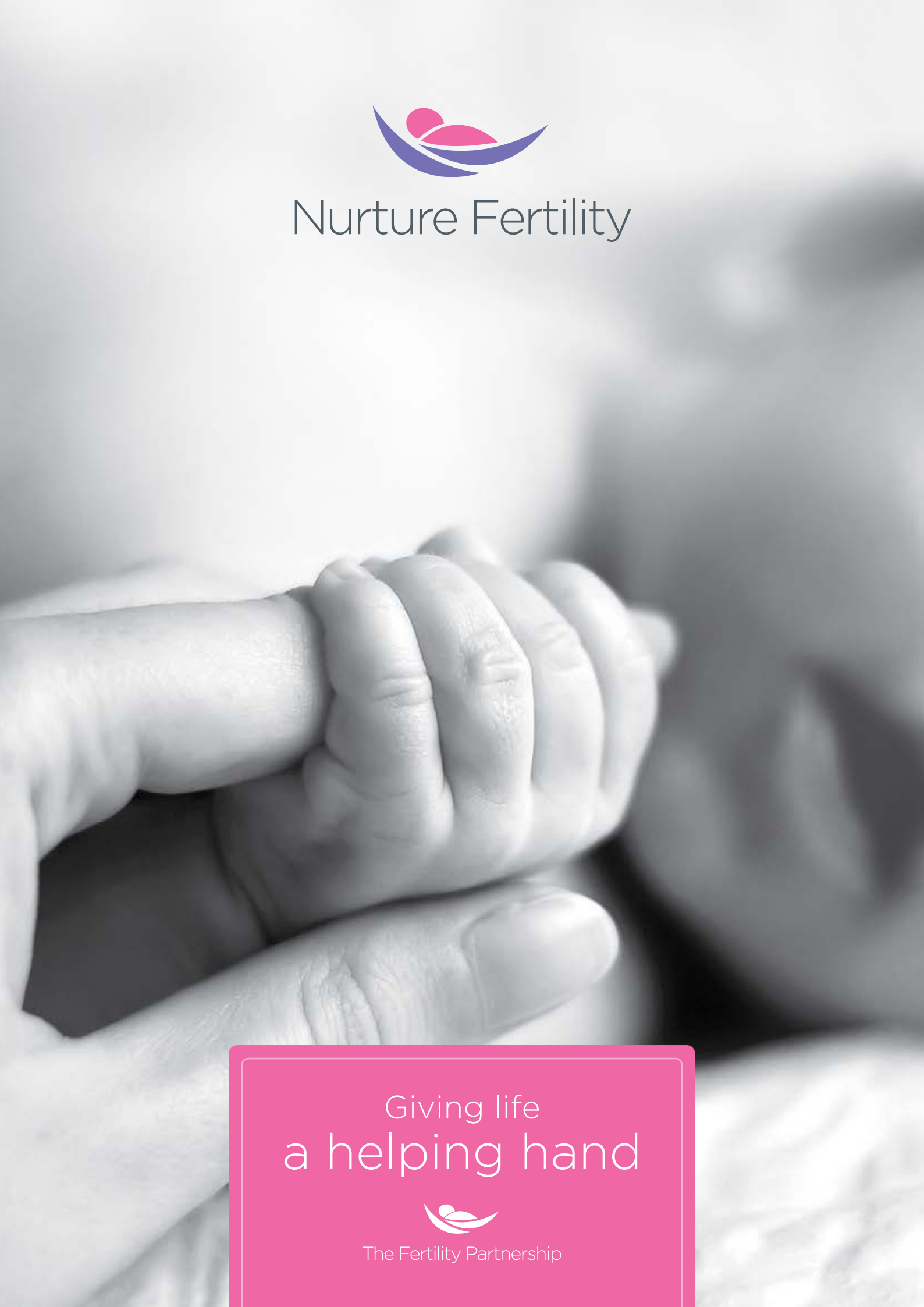




Nurture Fertility



Giving life  
a helping hand



The Fertility Partnership

# Taking your first step

We know that taking the first steps towards starting your family can be a little daunting. That's why, at Nurture Fertility, we'll be with you from the very beginning of your journey.

If you're considering fertility treatment with Nurture it's likely that you already have a lot of questions. With this brochure, we hope to provide some answers.

On the following pages you'll find out about Nurture and the group we're part of, The Fertility Partnership. You'll discover the kinds of treatment available, the extra support offered and, importantly, the results Nurture has delivered.

You'll also learn more about our patient-led approach, high-quality care and renowned expertise, all of which have helped to establish our excellent reputation as a dedicated fertility treatment and research clinic.

Should you ultimately decide to have treatment with Nurture you can rest assured that our friendly, expert team will do everything they can to care for your needs and give life a helping hand.

Have a look through the pages of this brochure, and if you'd like to talk more about our treatments or ask any questions get in touch with our team using the details below.

Telephone: [0115 896 1900](tel:01158961900)

Email: [info@nurturefertility.co.uk](mailto:info@nurturefertility.co.uk)

Website: [www.nurturefertility.co.uk](http://www.nurturefertility.co.uk)



# Get to know Nurture

## About us

We're Nurture Fertility, a dedicated infertility treatment and research clinic based in the East Midlands Fertility Centre in Sandiacre, Nottingham.

Established in 1991, we're part owned by the University of Nottingham and are also a member of The Fertility Partnership. We're passionate about what we do and the care we offer our patients, and constantly research new ways to improve your chance of success.

This devotion to our patients and our fantastic reputation for research have led to Nurture Fertility becoming a leader in the world of IVF treatment, producing results that are among the very best in the UK.

## The Nurture team

We operate a patient-led approach, meaning that your needs and interests will always lie at the heart of what we do.

Our fantastic team of highly trained doctors, embryologists and nurses is led by James Hopkisson and Nick Raine-Fenning, who are consultant gynaecologists, associate professors at the University of Nottingham and highly respected experts in their fields.

Everyone at Nurture is dedicated to ensuring you come first and receive the best possible care. They'll guide you through every aspect of treatment, from administering blood tests, scans and treatments to simply keeping an eye on how you're feeling.

## The Fertility Partnership

Nurture is part of The Fertility Partnership, a group of national and international clinics specialising in IVF. The group is one of the largest providers of IVF in the UK and has some of the highest success rates in Europe.

The Fertility Partnership is renowned for its quality of care: 98% of patients rate nursing care within the group as exceptional and as many as 99% would recommend its clinics to family or friends. Even so, the group meets regularly to review all aspects of patient care and look for ways we can continue to improve our already exceptional success rates.

Clinics within the Partnership, including Nurture, benefit from direct links with internationally renowned universities and are reputed to lead the way in clinical excellence.

“ I felt that I was always treated with care and respect by the staff who were able to keep things light hearted, which for me was really important at a stressful time. I feel so lucky to have Nurture here for me, a great service from an amazing team. ”



At Nurture we all have the same common goal, which is to ensure our patients are well cared for and that their treatment is successful.

We share the joy in hearing of a positive pregnancy test, of receiving photos of newborn babies and in meeting the little ones when people bring their children to the unit. We also share the disappointment if treatment is not successful.

Nurture is alive with conversations about our patients and what we can do to support and help them. We can't guarantee that every cycle will work but I can guarantee that all the staff will go that extra mile to ensure that everyone has the very best chance of success.

I feel privileged to work with such a team and to play a small part in helping people have a baby.

- Dr Nick Raine-Fenning



# Leading the way

## Our expertise

At Nurture you can feel confident that you really are in the most capable hands. We combine our patient-led, caring approach with world-class expertise, allowing us to offer hopeful parents the very best chance of building their family.

Not only that, but we continue to invest in research. Our innovative developments in reproductive ultrasound and applied embryology, as well as the introduction of a dedicated clinic for couples whose treatment has been unsuccessful, have been instrumental in the success of Nurture Fertility.

## Advanced ultrasound techniques

Ultrasound is essential to fertility assessment and treatment. It's used to diagnose problems, to monitor response to treatment and to guide procedures. It's also used to confirm pregnancy and follow its progress.

Our own Dr Nick Raine-Fenning, who is recognised internationally for his work in this field, developed many of the ultrasound techniques we use.

Before treatment, a scan helps us to predict how you might respond to particular drugs, check for anything that might affect your chances of conceiving and give an accurate diagnosis of any anatomical problems.

During treatment, we'll invite you for a scan once or twice a week to see how you're responding to drugs and when you'll be ready for the next stage of treatment.

With the insights provided by these pioneering methods, our doctors can treat you as quickly and appropriately as possible to raise your chances of success.

## Embryology

Our embryologists and andrologists have extensive experience in all areas of assisted conception and an excellent track record of success.

To ensure we keep delivering consistent results, the department is dedicated to ongoing training and pioneering new techniques. One example of this is our state-of-the-art laboratory, which has been designed to mimic the embryo's natural environment and so maximise your chances of conception.

Our blastocyst programme, which began in 2008, is also a key part of our success. By helping us to choose the very best embryos to transfer, the programme has led to with pregnancy rates as high as 70% in patients under 36 and in patients having single embryo transfers.

Other advanced procedures include the use of Embryoglu™ and Endoscratch, which can improve your chances of embryo implantation and pregnancy. We also use the Primo Vision Time-Lapse Monitoring System, a time-lapse imaging process that allows us to create a video sequence of developing embryos in order to monitor their growth more closely.

## Comprehensive implantation screening service

Unfortunately not every embryo will implant, and while this is often due to the individual embryo it can also reflect an underlying problem with your womb, immune system or hormones.

Our comprehensive implantation screening service (CISS) is an innovative programme developed for couples who've had unsuccessful IVF treatment or experienced miscarriage. Through a series of tests we're able to identify whether there are any underlying problems, allowing us to offer either treatment or reassurance.

We're also one of the only clinics in the UK to offer an in-house endometrial biopsy, which allows us to measure the levels of cells in the womb that can prevent implantation.

We're working closely with several universities to better understand why IVF isn't always successful, and we hope this will enable us to offer you even more personalised care.



## Genetics programmes

Chromosomal abnormality is one of the most common causes of unsuccessful IVF treatment. Our two levels of genetic screening help us to examine chromosomes, which contain genetic material, and check for any abnormalities.

### Pre-Implantation Genetic Screening (PGS)

Chromosomal abnormality is one of the most common causes of unsuccessful attempts at pregnancy. If an embryo lacks or has additional chromosomes (a condition called aneuploidy) this has a serious impact on the chances of an embryo producing a baby. In many cases embryos with the wrong number of chromosomes spontaneously stop growing.

This is no less common with IVF treatment. However, with IVF treatment we can offer various levels of genetic screening to help us to select embryos with normal chromosomes. These would have a better chance of carrying on to produce a healthy pregnancy, without the emotionally devastating miscarriages that are so common when an embryo has a chromosome abnormality.

We are able to offer array Comparative Genomic Hybridization (aCGH) and Next Generation Sequencing - both techniques which look at all chromosomes in the embryo and select those that are chromosomally normal.

### Pre-Implantation Genetic Diagnosis (PGD)

Genetic mutations are also a reason that many couples will opt for preimplantation genetic diagnosis as this is used when a serious genetic disease could be passed to offspring.

Two techniques are currently available - karyomapping and conventional PGD. We are particularly pleased to be able to offer karyomapping as, unlike conventional PGD, the embryos produced in an IVF cycle can be screened not only for the genetic mutation but also for chromosomal abnormalities - thus increasing the likelihood of a health on-going pregnancy.

Conventional PGD is used where the mutation is new and not present in either of the parents, or where we are unable to obtain DNA from other family members who have the same genetic mutation.

PGD can also be used where a couple have discovered that they have something called a balanced translocation or inversion, as a special test called HRaCGH can be used to select normal embryos.

Other tests are also available which may be helpful for couples and these can be discussed in more detail with the clinic.

# Guiding you forward



## Our treatments and results

Whatever the difficulty you're experiencing we've every treatment you could need, including ovulation induction, insemination, IVF, ICSI, cryopreservation, fertility preservation and both egg and sperm donation.

We'll suggest the best treatment for your individual needs. If you'd like to view a complete list of the treatments available at Nurture, as well as their relative success rates, take a look at our website: [nurturefertility.co.uk](http://nurturefertility.co.uk).

## Treatment pathway

### Step 1: Referral

All we need for a referral is a letter, whether from your GP, your local fertility clinic or, if you're funding your own treatment, from you.

Once we've received the referral, we'll send you a questionnaire to learn a little more about you and your story so far and, depending on your circumstances, we might recommend some additional tests. This will ensure we have all the information we need to plan your treatment.

### Step 2: Initial consultation

When we've got enough information you'll be invited to see one of our specialist doctors. The doctor will talk through your case and advise you on the most suitable treatment and your chances of success.

You'll also be given plenty of time to ask questions and discuss any worries you might have, so that you can feel confident about the next steps.

### Step 3: Preparing for treatment

Following your consultation you'll make an appointment with our nurses, who will talk you through your treatment, explain each step of the process and suggest the likely timing of events. They'll also explain how the various drugs work and show you how to use them.

### Step 4: Starting treatment

Our nursing team will give you your treatment start date. Treatment often involves a series of different drugs, which you administer at home. We'll arrange several appointments for ultrasound scans and blood tests to see how you're responding, and most patients are ready for the next step after 10-14 days.

### Step 5: Ovulation induction, insemination and IVF

The next steps depend on your treatment but might involve inducing ovulation, insemination or the replacement of an embryo (IVF). Visit our website for information about the different treatments we offer and what they could involve.

### Step 6: The 'two-week' wait

When you've completed your treatment, you'll be given a date for your pregnancy test and might also be given drugs to support a pregnancy, which are continued if your treatment is successful. Throughout your wait, you're always welcome to call our nursing team to talk through any worries.

If your test is positive we'll arrange a scan a few weeks later to see how things are progressing. If the results of the test are negative, our team of specialists will review your notes and invite you to see one of our consultants, who will go through your treatment, explain why it was not successful and advise you on the next steps.

### Bespoke Treatments

At Nurture it's important to us that we address the needs of every individual patient, and that's why we've developed and

introduced several new treatment strategies to provide bespoke patient care.

For patients who don't respond well to drugs used to stimulate the ovaries we offer natural cycle IVF, and we use modified protocols for women with polycystic ovaries and/or endometriosis. For those couples whose embryos need an extra helping hand, we can even offer supplemented cycles using specific drugs and time-lapse imaging.

For over 20 years we've also run one of the largest egg share schemes in the UK; we welcome single women and same-sex couples and have an excellent reputation for caring for patients needing egg donation or surrogacy. Whatever your specific needs, we have a tailored treatment for you.

## Results

At Nurture we've always had some of the very best results in the UK, all validated by our governing body the HFEA. In fact, since 1991 thousands of babies have been born as a result of our expert care.

Every patient is different and your age, health and lifestyle will all affect how successful your treatment might be. We look at all factors that may affect treatment and offer you clear, informative advice to maximise your chances of success.



# Putting you first

At Nurture we put you first, going above and beyond to ensure you're comfortable and reassured from the very beginning.

We know that fertility treatments can sometimes be an overwhelming or emotional experience – but you'll never go through them alone.

There are a number of services on offer at Nurture that will help you to feel reassured, hopeful and supported throughout your journey, even when you've finished your course of treatment.

## Counselling

Many of our patients find it helpful to talk to an impartial counsellor about their experiences or worries, whether individually or as a couple. That's why we offer all our patients free counselling before, during and after treatment.

## Pregnancy scans

Some patients experience problems in early pregnancy, and we know that the first few weeks can be difficult and leave you feeling anxious. It might be that you need a little extra reassurance during these early stages, and that's why we offer a 24-hour service all week long. If you don't feel reassured after talking to us over the phone, we'll invite you in for a scan to check the pregnancy is developing normally.

## Unsuccessful treatments

Unfortunately fertility treatment isn't always successful. Experts from the medical, embryology and nursing teams review every unsuccessful treatment cycle as a group, and we look at every aspect of your treatment cycle to identify why it didn't work, and what we can do to address this. Whatever we discover, we'll talk you through the findings and provide all the information and support you need.

## Open evenings and workshops

Our regular one and a half hour information sessions are open to everyone considering or undergoing treatment with Nurture. They're a great opportunity to meet the team, see the unit first hand and get more information about treatments.

We also run workshops about subjects such as what IVF treatment is, why your treatment might not have worked, why some pregnancies miscarry, and fertility treatment for single women and same-sex couples.

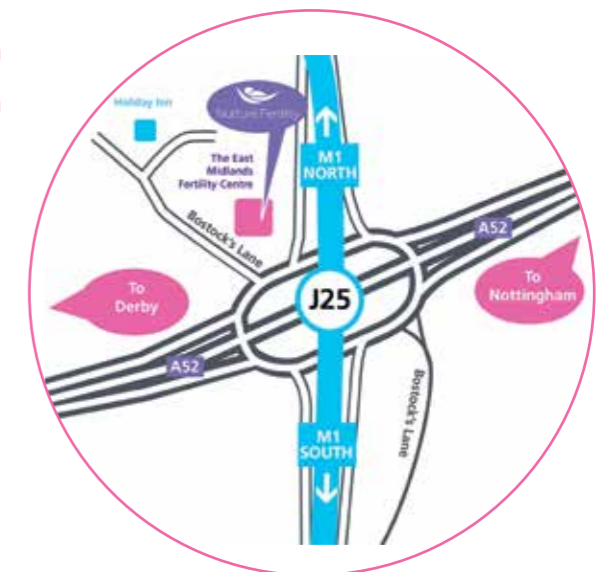
“ We felt valued as people, not as statistics. I could not have asked for better support. ”



“ Nurture is an amazing clinic. We can't thank the team enough for all the care and support they have given us throughout our IVF journey.

They have been with us every step of the way; we have been so impressed with the entire team and our experience with Nurture has been positive from start to finish. ”

Find us:





Nurture Fertility

Giving Life a Helping Hand

Nurture Fertility, The East Midlands Fertility Centre, Interchange 25 Business Park, Bostock's Lane, Sandiacre, Nottingham NG10 5QG

**T:** 0115 896 1900 **F:** 0115 896 1901 **E:** [info@nurturefertility.co.uk](mailto:info@nurturefertility.co.uk)

[www.nurturefertility.co.uk](http://www.nurturefertility.co.uk)