

a new
beginning



The
Bridge Clinic
In the family way

Quality Management and Accreditation:



www.thebridgeclinic.com

The Bridge Clinic

When making a life-changing decision you want to be sure you have the right partner to support you and be with you every step of the way. When it comes to growing your family, you want a team that is highly qualified, professional and experts in their field.

At *The Bridge Clinic* we give you the best. Our internationally trained medical staff has all the skills, knowledge and expertise to give you the best chance of conceiving. Our Care Partners are there to support you along the way. Our international partners give you access to technologies and techniques that can't be found anywhere else.



Dr Herbert Zech, Dr Richardson Ajayi, Dr Nicolas Zech

Our most advanced facility to date

Since 1999, we have watched The Bridge Clinic become the leading fertility clinic in West Africa. Our family has grown and we now have four clinics in Nigeria, including Lagos, Port Harcourt and Abuja.

We have created a new, more private clinic in GRA Ikeja, easily accessible to our clients from the Island as well as the mainland as well as those travelling in to Lagos. Our new clinic has a state of the art IVF laboratory that meets all the European Union Tissue Directives standards to give you the highest chance of achieving pregnancy.

Located in a serene corner in a sought after residential address in GRA Ikeja, away from the hustle and bustle of the more commercial Victoria Island, your privacy is assured. In a quiet location and built with private rooms and plenty of space for your comfort, the clinic provides the latest and best in fertility treatment and technology.

Certifications: *The Bridge Clinic* voluntarily submits to stringent quality management to ensure best practice, and have been awarded the following accreditations by TUV Austria:

- 2004 – First clinic in West Africa be awarded an ISO certification (for Quality Management) in accordance with ENISO 9001:2000
- 2005, 2006 & 2007 – Successful re-audit of *The Bridge Clinic's* Quality Management System (QMS) in accordance with ENISO 9001:2000
- 2010 – Successful audit and upgrade of *The Bridge Clinic's* QMS in accordance with ISO 9001:2008
- 2011 – Successful re-audit of *The Bridge Clinic's* QMS in accordance with ISO 9001:2008



Teaming up with Europe's finest to bring you the best: Our partnership with IVF Centers Prof. Zech

The IVF Centers Prof. Zech is one of the most renowned IVF clinics in Europe. They have over 25 years' experience with over 25,000 babies born through their clinics. They run clinics in six different countries across Europe – Austria, Switzerland, Italy, Czech Republic, Liechtenstein and Germany.

The guiding philosophy of the IVF Centers Prof. Zech is to provide clients with the shortest possible time in achieving a pregnancy and this is backed by one of the highest pregnancy rates in Europe. They continue to maintain their position at the forefront of the IVF industry through continuous research and innovation. We collaborate with IVF Centers Prof. Zech on a number of levels to bring our patients here in Nigeria all the advantages of a top-tiered clinic in Europe.

Improvements in pregnancy rates

The science of assisted conception and IVF treatment are rapidly advancing and the Zech Group operates at the cutting edge of this science. They are leaders in their field internationally. By collaborating with the group we have been able to significantly improve our pregnancy rates through some of the world's most sophisticated systems.

Implementation of new techniques

Under the supervision of the Zech Group we have been able to implement many new techniques that increase your chances of having a baby.

- Blastocyst transfer
- MSOME technique
- Vitrification
- IMSI
- Egg banking
- Genetic screening

Dynamed

We have access to Dynamed, an IVF patient management and electronic medical record system pioneered by IVF Centers Prof. Zech. The system focuses on ensuring the highest standards of patient care and safety. Through this system we can share information with the Zech Group team allowing them to help us with valuable advice on the management and treatment of all our patients.

Review and collaboration

Every month we review how our clinics are performing in terms of pregnancy and fertilisation rates and compare them to the expected results from the Zech Group. By continually improving on our results as compared to international benchmarks we deliver to you the best chances of getting pregnant.

Why we care

Parenthood is a beautiful experience.

That's why we at *The Bridge Clinic* want everyone to feel the same hope of becoming a parent and to have the same opportunities. We are here to give you the best possible chance of success in a safe and caring environment. With the latest technologies and expert staff we offer only the best quality in treatment and care.

“As a father of two, I understand the joy of parenthood and the simple pleasures of watching your children grow. I also know what it feels like to long for the miracle of childbirth and to be overwhelmed by this bundle of joy staring innocently and lovingly into your eyes.”

Dr Ajayi, founder of *The Bridge Clinic*



Nurturing new life through strong values

Life is precious. Life is at the core of everything we value. And to give you the opportunity to bring new life into your family, we promise to do everything we do with:

Care and understanding

You come to us with your hopes and dreams for a family. And we are here to support those dreams, to nurture those hopes and to help you through this not always easy journey to achieving them. We understand your situation. We know your concerns and worries. Our medical experts are there to answer all your questions and take you through each procedure step by step. Our Care Partners are there to offer emotional support, to look after your needs and to take you in as their family while you begin building your own.

Honesty and openness

This is your family. You want it to be built on trust. And with open communication and an honest approach to all the information we give you, you are in a better position to make informed decisions, to make the decisions that are right for you.

Your safety and wellbeing in mind

Your decision hasn't been an easy one and you may be feeling like you are out of your comfort zone. For your safety and peace of mind, we go above and beyond to ensure we apply the most stringent safety standards to all that we do. We pride ourselves in our attention to detail, prioritising the wellbeing of you and our staff at all times.

Excellence and the highest standards

From your first enquiry and consultation right through to treatment, follow-up care and counselling, we give you what you deserve, excellence in service.

Responsibility

We understand that our decisions and actions affect the world around us. That's why we have started a number of initiatives to help Nigerians preserve their fertility, detect early signs of infertility and to help couples achieve pregnancies, irrespective of their financial capabilities.

When you start to understand the reasons behind your difficulty conceiving you find hope for the future. Conceiving naturally can be a challenge for some couples but it is also a chance to bring you closer together. When you face infertility as a unit, then you will see how you can grow as a family.

A mother's hopes: Fertility in women

You have dreamt of becoming a mother, holding that newborn in your arms, feeding and bathing your child, rocking him or her to sleep. You long for a family that you can feed, the children you will send off to school with a kiss, watching them grow up under your care and love. They are your life, and your life is theirs.

While all women possess the same capacity to nurture and love, some may have more trouble conceiving naturally than others. The female reproductive system can be complex and fertility issues can sometimes be difficult to understand, but once you have the right information, you can start to make the right choices for your family.

A dad's dreams: Fertility in men

The day you become a father, you become a role model to your son, a protector to your daughter. The moment you become a father, you become the head of the family. It is your job to guide your children and keep them safe from harm.

To be a man means to face any challenge without fear, to win over whatever life throws at you with strength and confidence. For some couples, having children is one of those challenges.

In about 80% of couples in Nigeria looking for assistance in conception, male infertility is a major factor. But this does not mean you won't be able to have a child. The best way to take control of the situation and do what you can to build your family is to find the causes as soon as possible to find the best solution. *The Bridge Clinic* is there to help you find this solution.

Growing your family

Treatment

This is an exciting time. You are ready to have a family. Let's start taking the steps to getting to where you want to be. This is a journey you are taking together, as a family. It is a time for support and understanding. With our experience and knowledge we can help you find the right treatment for your family's needs.



Fertility Sure

We can help you assess your fertility so that you can start planning for the future. Our series of fertility assessments are perfect for:

- *Young and recently married couples who want to understand why they are not getting pregnant*
- *Couples who want to find out how fertile they are*

Once we have completed the tests we will give you a detailed report to help you make the best choices going forward.

The Men's Clinic

For men who want to take charge of their future, we offer a full fertility assessment service to address all your concerns.

You will be assessed by a Consultant Andrologist (from the UK – If you wish) who will conduct a thorough assessment and get an understanding of your medical and reproductive history, your lifestyle and overall health. We then perform a physical exam and take a semen sample so that we can help you find exactly what reproductive challenges you may face and advise you on the best way to overcome them. There are a number of reasons why you may be having difficulty reproducing and most are easily treated.

Everything we discuss with you is done in the strictest confidence.

General treatment of infertility

You've been trying for a family for a short while now. You may be worried or are not sure what else you can do. We could have some answers for you. We offer:

- **General fertility assessment**
- **Reassurance and personalised advice**
- **Weight management**
- **Counselling**

Once we can identify the issue, we can help you make the right choice. Sometimes this choice may involve opting for more specialised therapies such as:

- **Ovulation Induction Therapy**
If you are not ovulating correctly we can assist ovulation with the use of either tablets or injections so that you have the chance of falling pregnant.
- **Reproductive Surgery**
We have a team of the most skilled and qualified physicians on our team so that if you do need reproductive surgery, you know you are in the hands of the best.

Intrauterine Insemination

We want to give you your best chance of getting pregnant. Intrauterine insemination (IUI) introduces sperm that has been washed and concentrated directly into the uterus at the time your ovary releases one or more eggs to be fertilised. This increases the likelihood of achieving

pregnancy. We monitor your cycle naturally or, if you prefer, we can give you a bit more control using specific drugs. Through scans and monitoring we can tell you the optimum time for fertilisation.

In-Vitro Fertilisation

You know you want a baby. You have tried everything without success but you don't want to give up. Now we can assist you through In-vitro fertilisation (IVF). As one of the leading fertility clinics in Nigeria we have a detailed understanding of all forms of IVF so we can help you find the best option for your family.

The basics of IVF

By fertilising the eggs outside of the body your chances of getting pregnant are much greater. Through simple procedures we collect your eggs. These eggs are then ready to be fertilised using a sperm sample from your husband or a donor. We then allow this fertilised egg a chance to grow into an embryo before it is introduced into your uterus where it can grow into a healthy baby.

Your IVF options

- **Intra Cytoplasmic Sperm Injection (ICSI)**
- **Ovum Donation**
- **IVF Surrogacy**
- **Embryo Cryopreservation**

We also offer more advanced IVF techniques so that we are able to make your dreams possible.

Start the family you want now

Make an appointment to see us

We are waiting to guide you in the best options for starting a family of your own.

Whether you need more information for making a decision or are looking for a specialist opinion, you are welcome to come and see us.

There are three ways to make an appointment:

- Walk into any of our clinics and request an appointment
- Contact us by **phone** +234 (1) 4619006
email: enquiries@thebridgeclinic.com
text "fertility" to 20050
- Complete an appointment request form on our website: www.thebridgeclinic.com

Join us at our Welcome Forum

You are always welcome at our Welcome Forum which is held every month at our clinics in Lagos, Abuja and Port Harcourt. This is a wonderful opportunity to learn more about fertility and the options that are available for you to start your family.



“Life is at the core of everything we value.”

Contact us:

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