



FertilitySure

*Get the medical confidence
your future family deserves*



The
Bridge Clinic
In the family way

www.thebridgeclinic.com

At The Bridge Clinic we are committed to helping you realise your dream of having a family. With FertilitySure we can make an accurate diagnosis and design a treatment plan to suit your specific needs.

What is FertilitySure?

FertilitySure is a series of assessments which help us to diagnose the reasons for infertility challenges in patients.

There are four different FertilitySure assessments

FertilitySure

/ LITE

/ COMPREHENSIVE

/ PLUS

/ LIFE

FertilitySure Lite, FertilitySure Comprehensive and FertilitySure Plus which investigate infertility challenges and FertilitySure Life, an optional general health and wellness assessment.

The three fertility assessments fulfil different requirements. Couples who are unaware of their fertility status require certain tests but couples who have already undergone treatment without success require different tests.

“ As a father of two, I understand the joy of parenthood and the simple pleasures of watching your children grow. ”

Dr. Richard Ajayi, Founder of The Bridge Clinic

FertilitySure is a product of The Bridge Clinic, the leading fertility clinic in Nigeria and is another way that we take care of our patients.

- ✓ *We have been helping couples for over 16 years resulting in the live birth of one baby every three days since 1999.*
- ✓ *The only clinic in Nigeria to have a full quality management system in place*
- ✓ *Guided by international standards to ensure safe and advanced treatments*
- ✓ *Proud partners of the world-renowned Zech Group to give you leading fertility care*
- ✓ *We offer the most recent, technically advanced and relevant treatments backed by intensive research.*

FertilitySure

/ LITE

FertilitySureLite is the first and most accessible step toward diagnosing any fertility challenges you may have.

FertilitySureLite is recommended for:

- *Individuals or couples who have had no prior consultation or treatment and are struggling to get pregnant.*
- *Couples who are unsure of what their fertility challenges are*
- *Couples who are about to get married or recently got married and who want confirmation of their fertility status.*

Procedures and tests relating to women

- ✓ Trans-vaginal scan
- ✓ Hormone screenings - FSH, LH

Procedures and tests relating to men

- ✓ Semen Analysis

Men and women can be assessed separately but since infertility generally affects both partners, we recommend that couples do the assessment together.



Couples save 15% on the procedure fees when doing the assessment together.

FertilitySure LITE for men N 35,000

FertilitySure LITE for women N 65,000

FertilitySure LITE for couples N 85,000

Prior to your FertilitySure assessment you will be required to undergo a number of blood tests. These can be divided into two groups: hormonal screenings and infection screenings. This is what you need to know about each:

Hormonal screenings

The objective of these blood tests is to establish whether hormone levels that influence menstruation and fertility in a woman's body are normal. There are a variety of hormones that influence your ability to conceive and each will be investigated.

Follicle Stimulating Hormone (FSH)

FSH and LH levels rise and fall simultaneously and work together to control the menstrual cycle and production of eggs by the ovaries in women. FSH testing is conducted to help evaluate woman's egg supply and disturbances in her menstrual cycle.

Luteinising Hormone (LH)

LH helps regulate the menstrual cycle and egg production. The LH in a woman's body varies during the different phases of the menstrual cycle, increasing rapidly just before ovulation which occurs about midway through the cycle. LH testing is done to help determine a woman's egg supply, when she is ovulating and monitor her response to stimulation of ovaries.

Prolactin

Prolactin is a hormone that is prone to change and may be influenced by various factors such as exercise, stress, and application of a tourniquet pre blood tests. However, elevated prolactin levels could indicate a decrease in oestrogen in women and testosterone in men.

FertilitySure

/ COMPREHENSIVE

During the course of your treatment at The Bridge Clinic you will have several ultrasound scans. They are conducted in a painless manner by inserting a probe into the vagina to get closer to the reproductive organs, so we can see them clearly.

Transvaginal Scan

The baseline scan is the very first scan done at the clinic and allows your specialist to evaluate the state of your womb and ovaries before starting any treatment.

Common abnormalities found during this scan include significant fibroids that may need to be removed and polycystic ovaries that would require extra care during ovarian stimulation.

Semen Analysis

Semen analysis is a diagnostic tool in the initial investigation of male infertility. Semen is a mixture of sperm and other secretions from several parts of the male genital tract. After ejaculation, sperm and other secretions move up the vagina toward the woman's ovaries.

It is therefore important to assess semen to determine whether natural pregnancy is a possibility or if there is a need for assisted conception.

A normal assessment according to the World Health Organisation (WHO, 2010) recommendation is a sperm concentrate of more than 15 million per millilitre with at least 40% motility and about 4% sperms with a normal shape. A semen analysis result showing poor parameters points to a reduced chance of pregnancy in the couple.

If you've been battling with infertility for a while, had unsuccessful treatments elsewhere, consulted a gynaecologist or tried a variety of methods to no avail, FertilitySure Comprehensive is recommended for you.

This comprehensive assessment will help your specialist get to the root of your problem in order to find out what sort of specialist care or advanced care will work best for you. FertilitySure Comprehensive includes a 90-minute consultation with a specialist.

Men and women will both undergo a series of pathology screening tests which are important to the wellbeing of mother and child during pregnancy and at birth. It also includes an analysis of the uterus and hormone testing for women, as well as a semen analysis for men.

FertilitySure Comprehensive is recommended for:

- *Couples who have already had treatment for infertility without any success*
- *Couples who have identified that they need Specialist Care, Advanced Care or Alternative Care*
- *Individuals with critical medical conditions that could affect their fertility post-treatment, such as cancer patients undergoing chemo therapy*
- *Couples that have unique or hereditary conditions that they do not want to pass on to their children.*

Side note: Babies can suffer serious health effects if their mothers have an STD, including conjunctivitis, pneumonia, neonatal sepsis (infection in the baby's blood stream), neurological damage, blindness, deafness, meningitis, chronic liver disease, cirrhosis and even death. Many of these problems can be prevented if the mother receives prenatal care that includes screening for STDs.

FertilitySure

/ COMPREHENSIVE

Procedures and tests relating to women

- ✔ Transvaginal scan
- ✔ Hormone screenings - FSH, LH and Prolactin, TSH and DHEAS

Procedures and tests relating to men

- ✔ Semen Analysis

Procedures and tests relating to both women and men

- ✔ HIV I & II
- ✔ Hepatitis B & C
- ✔ VDRL
- ✔ Rubella (women only)
- ✔ Blood Group
- ✔ Genotype

FertilitySure Comprehensive for couples N 246,000



How to prepare for hormonal blood tests

Many types of medication can influence hormone levels in your body. Make sure your specialist has a complete list of all medications you take on a regular basis, so that he will be aware of changes that should be made before taking the tests.



Thyroid stimulating hormone (TSH)

TSH also known as Thyrotropin stimulates the thyroid glands to produce Thyroxine (T4) and then Triiodothyronine (T3) which stimulates the metabolism of almost every tissue in the body.

As the thyroid hormone regulates cellular function, abnormal thyroid function can affect fertility. Undiagnosed and untreated thyroid disease can be a cause for infertility or recurrent miscarriage.

Dehydro-Epiandrosterone-Acetate Sulphate (DHEAS)

DHEAS is a chemical substance secreted by the adrenal glands located above the kidneys. Blood levels of DHEAS are often measured to help diagnose polycystic ovarian syndrome (PCOS) and to help rule out other causes of infertility and amenorrhoea.

Infection screenings

As part of the entry procedures for In-Vitro Fertilisation (IVF) and Specialist Care at The Bridge Clinic, all patients have to undergo screening tests for specific infectious conditions.

There are two main reasons for this. It helps prevent infection of the baby during birth and also keeps patients and staff safe from cross-contamination in the laboratory. Apart from this, it (also -delete) helps doctors assess the general wellbeing of the patients, so that responsible treatment decisions can be made.

Hepatitis B

Hepatitis means inflammation of the liver and is caused by a group of viruses. The Hepatitis B virus is often harmless but in about 25% of those infected, it may be active and potentially result in chronic liver disease and cancer of the liver.

Women who test positive for Hepatitis B surface antigen have a 15% chance of transmitting the virus to their babies. Therefore should the woman test positive, Specialist Care will be scheduled for a time when liver functions are normalised. Should the man test positive for Hepatitis B but the woman is negative, she may be given a vaccine to protect her against the virus.

Hepatitis C

Hepatitis C virus is similar to the Hepatitis B virus and does not seem to affect the course of pregnancy. However, it may be transmitted between partners or from mother to child at birth.

In situations where the woman is positive for Hepatitis C with normal liver function tests or the couple decline further testing, the couple is counselled by the doctor about the degree of risk of transmission to the baby. An active viral infection with evidence of abnormal liver functions increases the risk of viral transmission to the baby to about 11%, compared to a risk of 1% when the virus is inactive.

When the male partner is positive for the Hepatitis C virus there is no vaccination available for protection of the female partner and the couple is counselled about the risks of transmission from the male to the female partner, which is very low.

HIV I & II

Human Immunodeficiency Virus (HIV) affects about 5% of the Nigerian population and couples in the reproductive age group are particularly prone to the infection.

HIV 1 and 2 are tested simultaneously using highly sensitive assays for antibodies for both viruses in the blood. Those screened positive by this test are counselled by the doctor and sent for a confirmatory test. If the confirmatory test is positive the couple is referred to an HIV physician for further care and additional testing, which may include a CD4 count and a viral

load count which help to assess the severity of the infection.

Couples are advised that IVF treatment may commence following reduction of viral loads and increase in CD4 counts as a result of multiple drug treatment which will be started by the HIV physician. Knowing the HIV status of the couple also enables laboratory staff to take necessary precautions to prevent cross contamination.

Syphilis

Syphilis is a bacterial infection that may be transmitted by sexual contact, direct skin to skin contact or by mother to child transmission.

While a lot of people infected with syphilis may have no symptoms, the infection can lead to stillbirth or congenital anomalies in the foetus of infected mothers. It has been estimated that up to about 15% of the Nigerian population may be infected with the bacterium.

Screening for syphilis is done by way of a blood test called the Venereal Disease Research Laboratory (VDRL) test. Clients who are screened positive for VDRL at The Bridge Clinic are counselled and referred to a physician for further evaluation and testing. Curative treatment may be carried out if appropriate, following which IVF treatment may commence.

Rubella

Also known as German measles, Rubella is a viral infection that can cause blindness, deafness heart defects and mental retardation in babies, should the mother acquire the infection for the first time during pregnancy.

Women who have come in contact with the infection in the past (even without feeling any symptoms), develop antibodies that protect their babies from the virus and its effects. Unlike the other screening tests, rubella screening is carried out only on the female partner and those who screen negative are referred for vaccination before commencing IVF treatment.

Additional screening tests

On the odd occasion, a specialist may advise for additional screening tests. This will be discussed with the couple before commencement.

After screening

The results of both your hormonal and infection screenings will be discussed with you during your review appointment.

Should you test positive for anything, your specialist will refer you to a counsellor, as well as to a physician specialising in your condition.

You will also be given sufficient opportunity to ask questions on any aspect of the screening or results that you may want to clarify. We encourage couples to come in together for the FertilitySure assessment so that we may make a conclusive decision about the next line of your management.

FertilitySure

/ PLUS

FertilitySure Plus is a series of pathology tests that support FertilitySureLite in the treatment of patients that require Specialist Care or Advanced Care.

Screening tests are conducted for the wellbeing of mother and child during pregnancy and at birth. The tests also allow the gametes of patients to be processed in our labs. Both the man and the woman are required to be present

FertilitySure Plus is necessary for:

- *Couples who have taken the FertilitySureLite assessment and established that they require Specialist Care or Advanced Care at The Bridge Clinic*

Procedures and tests relating to both women and men

- ✔ HIV I & II
- ✔ Hepatitis B & C
- ✔ VDRL
- ✔ Rubella (women only)
- ✔ Blood Group
- ✔ Genotype

FertilitySure Plus for couples

N 162,000

FertilitySure

/ LIFE

As medical practitioners we believe in the health and wellbeing of all our patients and encourage them to be aware of any general health conditions they may have. We offer couples who are undergoing fertility assessments, an optional, general wellness assessment called FertilitySure Life, at a special rate.

A complete cholesterol test helps to assess your risk of developing narrowed arteries that could lead to heart disease. Healthy kidneys and proper liver function are important in removing waste products from your body and the thyroid gland is integral to healthy hormone production, which helps to regulate many of your body's natural processes.

Wellness tests conducted in the FertilitySure Life assessment:

- ✔ Cholesterol
- ✔ Thyroid Function
- ✔ Kidney Function
- ✔ Liver Function
- ✔ Diabetes
- ✔ Full Blood Count

FertilitySure Life cannot be booked in isolation of a FertilitySure fertility assessment

FertilitySure Life for individuals

N 12,000

What sets FertilitySure apart?

There is much more to a FertilitySure fertility assessment than diagnosing your fertility challenges and presenting the correct treatment plan.

What sets FertilitySure apart is the fact that each fertility assessment includes additional services which add value and ensure an all-round reassuring experience.

Prior to your FertilitySure assessment you will need to undergo pathology tests and these results will be discussed with you on the day of your assessment. During the assessment we will discuss the following support services that will make your experience even more beneficial:



A comprehensive report PLUS a review appointment with a fertility specialist

At the end of the assessment a fertility specialist will review all tests and procedures undergone, and give you a comprehensive report.

The report will help you to understand the challenges you face. While it might sound intimidating, the document will steer clear of medical jargon. You will be able to take the report home with you to study in your own time.



Diagnosis and treatment plan

Based on the report and findings during the assessment, your fertility expert will advise you about the best treatment plan. At The Bridge Clinic we look at all your possible treatment options and group them according to a set of criteria that places them in primary care, specialist care, advanced care or alternative care.



Depending on your assessment results we will recommend a treatment plan falling into one of these three categories, with advanced care being for couples who require complex fertility treatment.

We believe that a well-informed decision is the only way to peace of mind. Once we have diagnosed your challenge to become pregnant and suggested a treatment plan, we devise a schedule and clearly explain the various steps and procedures. The treatment plan will identify the treatment process in detail and, in some primary care treatment options, you will be referred to our doctor partners, to ensure that you get the best possible care without paying specialist rates.

Primary Care

Specialist Care

Advanced Care

The Alternatives

Financial planning

It is a well-known fact that specialist medical care is costly and especially in Nigeria where access to world class healthcare is not readily available. With FertilitySure you will receive excellent care from internationally-trained doctors who use top quality imported equipment and leading brand medication. We know this can pose a financial challenge but we don't want financial problems to stop you from fulfilling your dream of having a family.

With this in mind, we offer our patients assistance with financial planning in terms of taking out a loan or starting a special savings account. This free-of-charge service was developed in partnership with Access Bank and Page Bank and we invite you to take advantage of it.



The Bridge Clinic counsellors will provide you with the necessary emotional support and ensure that your overall wellbeing improves your chance of getting pregnant.

Counselling

Dealing with infertility can be traumatic and place unnecessary strain on your relationship. This in turn can make getting pregnant even more difficult. We believe in caring for your emotional as well as your physical wellbeing. If you choose FertilitySure, you are invited to consult one of our professional counsellors at no additional cost. He or she will give you invaluable support throughout your assessments and subsequent treatments.

Peer-to-peer support

Quarterly, during the months of February, May, August and November, The Bridge Clinic hosts couples dealing with fertility issues. At these Welcome Forums, you can meet other couples who are facing the same challenges that you are, as well as families who have gone through the treatment process successfully. This is the ideal time to exchange experiences and ask any questions that you may have about our treatments.



Taking the first step to fertility

Are you ready to take the first step towards having a family of your own? Would you like the very best medical treatment with additional support?

We believe that FertilitySure is your best chance to overcome the challenges of infertility. You can either make a general appointment with a doctor at The Bridge Clinic who will discuss FertilitySure with you, or you can book a FertilitySure Lite or FertilitySure Comprehensive assessment directly with us.

By requesting a booking for a FertilitySure assessment directly on our website you will save the initial appointment fee of N20,000. Once we receive your assessment request, we will schedule an appointment on a date that suits you and send you all the necessary information prior to your assessment.

In short, the process is as follows:

1 Make an appointment

You can make an appointment with The Bridge Clinic by any of the following means:



Book online at www.thebridgeclinic.com



Phone us on +234 (0) 810 460 7790



Email us at enquiries@thebridgeclinic.com



Visit our clinics in Lagos, Abuja and Port Harcourt

2 Have all relevant pathology tests done prior to your assessment

As fertility specialists we rely on quality diagnostic services because a large aspect of fertility treatment relies on blood pathology. We work exclusively with PathCare Laboratories because they are the only laboratories to comply with and meet International Standards. PathCare Laboratories has the distinction of being the first laboratory in West Africa to attain ISO 15189 International Accreditation (2006). This accreditation provides an assurance of the precision of testing and ensures that PathCare's results are accepted all over the world. PathCare Laboratories is still the only ISO 15189 accredited laboratory in Nigeria.



www.pathcarenigeria.com

3 Have your assessment and discuss the results of all your pathology tests

If you have never been to The Bridge Clinic and have booked a FertilitySure assessment directly with us, we suggest you join us for a 15-minute tour of our medical facilities. During this tour you will be able to ask questions about our infrastructure, our laboratories and our quality management system. Our laboratories match European standards and you can be assured that there is no better fertility clinic in Nigeria.

Terms and Conditions. You will receive a confirmation email with the date and time of your appointment. We will notify you of the fees for securing an appointment and how you can pay them. When you have paid, please send us proof of payment via email at least 48 hours before your appointment, to assure us of your commitment to attend. Rescheduling appointments and cancellations must be done at least 48 hours beforehand. We will then schedule another appointment.

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

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