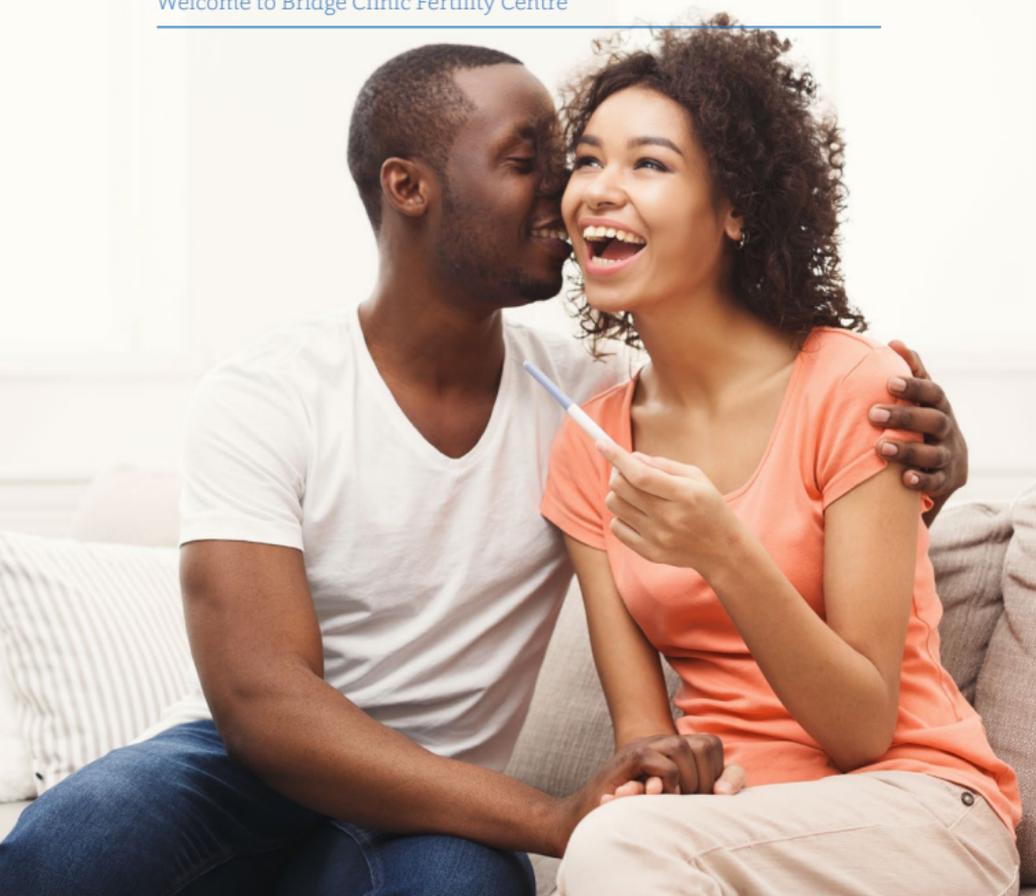


# Welcome to Bridge Clinic Fertility Centre



**Bridge Clinic**  
Fertility Centre

[www.thebridgeclinic.com](http://www.thebridgeclinic.com)



Welcome to Bridge Clinic Fertility Centre and thank you for your enquiry.

*We want to give you the best chance of a successful pregnancy in a safe and caring environment. In Bridge Clinic's 19 years of experience, we have celebrated the birth of more than 2350 babies. We offer various advanced services to assist couples in achieving a healthy pregnancy when they can't do so on their own.*

Bridge Clinic wants to partner with you on this journey. We are one of the most experienced in vitro fertilisation (IVF) centres in Nigeria, with one of the most advanced facilities in West Africa. Since 1999, Bridge Clinic Fertility Centre has provided international standards of medical care to patients, with strict quality control and innovative solutions to local problems.

Our Success to Date

1 Baby Every 3 Days

There are many causes for infertility but they all result in a man's sperm not meeting a woman's egg. We specialise in IVF, and uphold the practices of the regulatory systems of the Human Fertilisation and Embryology Authority (HFEA) in the United Kingdom, with a world-class quality management system (ISO 9001:2015).

At our advanced facilities we offer preimplantation genetic analysis services (PGD and PGS) to eliminate the chance of passing hereditary genetic disorders to your child. Many patients also opt to preserve their fertility through cryopreservation, in case medical treatments that can affect fertility (such as chemotherapy) have to be undertaken.

We look forward to working with you to reach your dreams of having healthy children, by using only the best trained doctors and working at the highest possible standards. We will always put you first.

**Bridge Clinic Fertility Centre is one of the most experienced IVF facilities in Nigeria and West Africa, providing services at an internationally accredited level.**



## What you Need to Know Before Treatment Begins

- ✓ Alcohol should be kept to a minimum for both partners.
- ✓ Smoking can be dangerous during pregnancy and can also decrease your chance of conceiving, therefore it is imperative that both partners should not smoke.
- ✓ Normal body weight for both partners will increase your chances of success. We will work out your body mass index for you and advise you whether you should lose weight. Similarly, a low body mass index can also reduce success. There are individual situations when it may not be possible to start treatment until there is a weight reduction.

Before starting with the proposed treatment, please ensure you have been given the following information:

- ✓ The limitations and possible outcomes of the proposed treatment
- ✓ The possible side effects and risks of treatment
- ✓ The technique involved
- ✓ All alternative treatments
- ✓ The fees involved and the fees for alternative treatments
- ✓ The availability of counselling facilities
- ✓ The possible disruption to your normal life



*Before you start treatment, you must sign the consent forms. You will have time to ask questions and your doctor or nurse will ensure you understand all of the information and necessary documentation.*

## The Process

Bridge Clinic gives you the best chance of treating all cases of infertility and conceiving successfully in a safe and caring environment.



Book Your Appointment Today

Client Service Centre: **01 631 0092**  
enquiries@thebridgeclinic.com

## The Process in Detail

### 1. Appointment Consultation

*30 minutes*

You will need to come in and meet with a fertility specialist, ideally with your partner.

We will look at your family and medical history, and you will undergo a series of tests to make a comprehensive diagnosis.



### 2. Standard Investigation Review

*90 minutes*

This will happen when your required tests have been done. We will do an ultrasound scan and check your endometrial lining, ovaries, follicles and womb, while your partner will do a sperm test. Your doctor will explain the test results to you and tell you what the appropriate treatment may be with your understanding and consent. These test results are valid for 6 months.

### 2. Scheduling and Treatment

You will follow a schedule according to what the doctor recommends. If you choose IVF, you will have to take injections and medications to stimulate fertility according to the doctor's recommendations.



Down-regulation drugs work by suppressing the production of hormones from the pituitary gland in the brain, which stimulate the ovaries to develop the follicles. After approximately 14 days of administering these drugs the normal function of the ovaries will be 'switched off'.

The blood test will indicate the dose of your drugs needed, and will take into account Follicular Stimulating Hormone (FSH) levels, in combination with other parameters such as Body Mass Index (BMI), age and Antral Follicular Count (AFC).

Where FSH levels are high, it implies the woman has low ovarian reserves and may require a higher dose to stimulate her ovaries. Where FSH levels are low, it implies that the woman has adequate ovarian reserves and may not require a high dose.

The FSH level is a guide only. Occasionally, the woman may not respond as expected, and may not produce follicles. In this case, the treatment cycle is cancelled and reassessed to determine the best course of action.

- ✔ We expect to get eggs from approximately 80% of the follicles and with three or fewer follicles; we may get only 0 – 3 eggs. This means that a woman with few follicles stands a risk of having no eggs for collection at the egg collection stage.
- ✔ Where the woman is young and there is time for us to get more eggs, but she has only developed a few follicles, there might be a need to restart the treatment cycle on a higher dose of the stimulating hormone. This is to improve the yield of eggs available at egg collection.
- ✔ We have carried out a study at Bridge Clinic Fertility Centre and the result shows the optimum number of eggs for a good pregnancy rate is 6. With older women, we may not always have the opportunity to restart treatment. In those cases, the woman may consider proceeding with donated eggs.

**Ultrasound Scan** – This will be done after a certain period of time following the use of the prescribed medication and injections in order to assess your body's response to the treatment. If you have a good response, you will proceed to having your eggs collected. Sometimes there may be a need for dose adjustment, all of which will be discussed with you after each scan.

## We're Here For You

Your nurse will instruct and assist you throughout your journey of pregnancy.

## 4. Egg and Sperm Collection

*45 minutes*



During egg and sperm collection, your eggs will be retrieved from your ovaries and be injected with your partner's sperm for fertilisation. The procedure is carried out under conscious sedation. The eggs are injected and cultured in our ISO-certified IVF laboratory. Two witnesses are always present to make sure the right eggs and sperm are used together.

### Fertilisation Issues

There are a variety of reasons why eggs may not fertilise. These are detailed on the following pages.



The objective of fertility treatment is to achieve fertilisation of eggs by sperm. The rate of fertilisation is between 70 - 80%.

Eggs may not fertilise for many reasons, such as:

#### Quality of eggs

Eggs go through a maturation process and they are at varying maturity levels at different points in time. The less mature the egg, the lower the fertility rate. We use the timing of the Human Chronic Gonadotrophin (HCG) injection to control maturation of eggs, but this is not guaranteed and sometimes we get a group of poor-quality eggs.

#### Age of the woman

As the age of the woman increases, the ovarian reserve and quality of her eggs decrease. High FSH levels tend to also cause poor quality eggs.

#### Sperm quality

In instances where sperm quality is low, we recommend Intracytoplasmic Sperm Injection (ICSI) when we suspect there is a risk of fertilisation failure as assessed by the semen analysis (when the sperms are not able to swim directly into the eggs by themselves).

ICSI involves the picking up of a singular sperm cell after the tail has been immobilised using a very thin needle (1/10 diameter of a strand of human hair) to inject the sperm directly into an egg without damaging it. The success of the process depends on the quality of the sperm and the egg.

## Semen Sample

Some men may have difficulty producing a semen sample on the day of treatment. If the man cannot produce sperm on the day of egg collection, we perform a small, non-invasive surgical sperm collection procedure (SSC) to collect sperm. The procedure is not always successful, and we provide the following advice:

- ✔ We advise men who have a problem with masturbation to produce a sample for freezing prior to the egg collection process to act as a backup for the treatment.
- ✔ We also advise that men produce a sample at home on the day of egg collection so as not to deal with the stress and anxiety of producing a sample at the clinic premises.

## Donor Gametes

Some clients may require the use of donor eggs or semen. Studies have shown that women older than 42 years have significant ovarian reserve decline and we would not advise they use their own eggs after this age. They would require the use of eggs donated by a younger lady. Men with azoospermia (no sperm cells in the ejaculate) would require the use of donor sperm if this is not due to obstruction in the sperm duct.

## Fertilisation

After fertilisation, some clients may have spare embryos. The spare embryos that are of good quality can be frozen for use in a subsequent cycle if required. Please note that the cost of storage and freezing is not included in the IVF treatment fee.

The chance of success with frozen embryos is as good as with fresh embryos and some studies have shown an even better outcome with frozen embryo transfers.

## 5. Embryo Transfer *15 minutes*



We place two of the most successfully cultured embryos into your womb for implantation to take place. You will be put on medication and have a pregnancy test two weeks after the transfer. It is important to maintain a positive attitude and above all have faith in God. Please keep a normal routine without any strenuous activity at this time.

We transfer a maximum of two embryos as the transfer of more embryos increases the chance of a multiple pregnancy. While this is no doubt a blessing, multiple pregnancies are usually high risk, with increased potential problems for the mother and baby (or babies).

The process of transferring the embryo involves the use of a soft catheter to place embryos into the cavity of the uterus.

Occasionally, embryos migrate into the fallopian tube to develop into an ectopic pregnancy. This risk complicates approximately 1% of pregnancies in IVF treatment cycle. It is important to have an early ultrasound scan to ensure pregnancy is in the uterus.



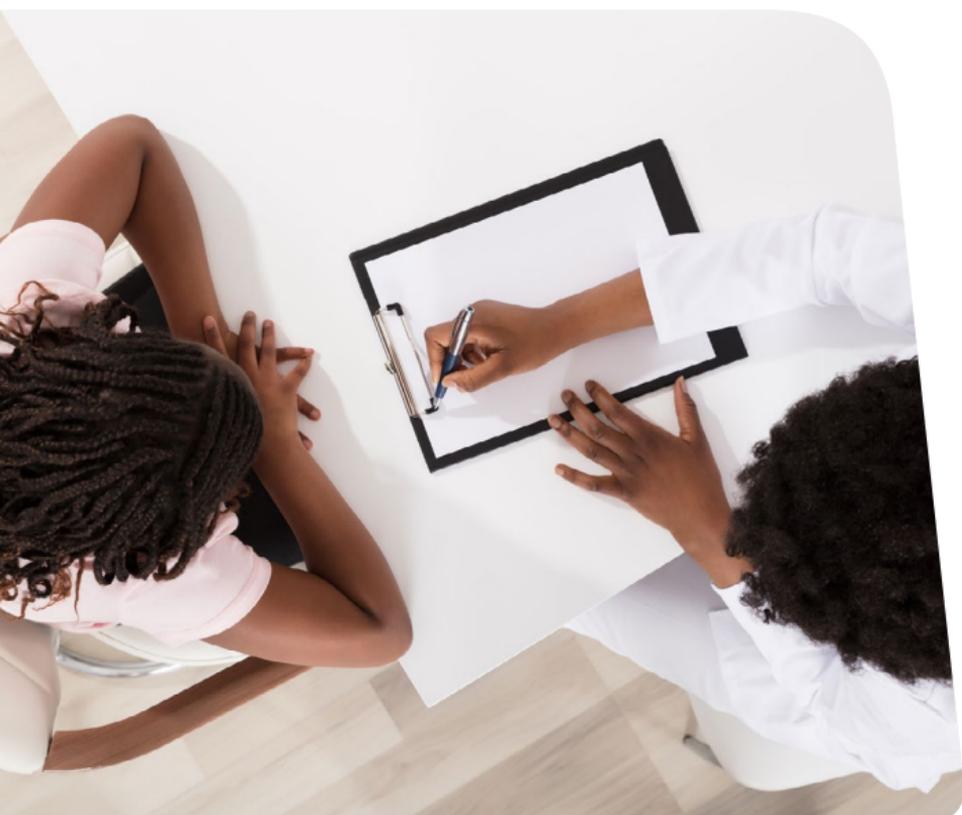
## 6. Post-Cycle Review

A pregnancy occurs in approximately one out of every three couples that undergo embryo transfer. We are all in God's hands and some women may get pregnant with the first cycle, and some may need more than one cycle. The review is an important part of the process. If the first cycle was not successful, we will review your treatment cycle and ensure there are no obvious reasons for the failure and advise on what to do next.

We have worked endlessly over the years to improve our pregnancy rates, which range from 35% - 49%.

## What you Need to Know

- ✔ We recommend carrying on with your day-to-day routines as much as possible.
- ✔ We would advise women older than 42 years not to use their own eggs and instead use eggs donated by a younger lady.
- ✔ Men with azoospermia (no sperm cells in the ejaculate) might need donor sperm. If you need to give a semen sample, we suggest you do it at home on the day of egg collection or to have a sample frozen.
- ✔ Make sure you have signed a consent form and understand all necessary information before the process begins.
- ✔ Do not have unprotected sex once you have started taking the prescribed medication.



Bridge Clinic Fertility Centre performs preimplantation genetic analysis with absolute care, and only the most experienced embryologists perform the procedure to make sure that there is no risk or damage to your embryo.

## Other Treatments Offered

### Preimplantation Genetic Analysis (PGA)

There are two types of PGA, namely preimplantation genetic diagnosis (PGD) or preimplantation genetic screening (PGS). During these procedures our fertility specialists analyse the embryo before the transfer to your womb. During PGD we are able to see if any specific genetically transmittable diseases (sickle-cell anaemia, cystic fibrosis etc.) will be passed to your child.

PGS is a similar procedure to PGD. The difference is that it is not targeted at specific/familial diseases. PGS helps to screen out embryos with abnormal chromosomes such as Down syndrome or is used for history of chromosomal abnormalities, recurrent miscarriages, advanced maternal age, poor sperm parameters and more.

These procedures allow us to diagnose conditions in the embryo before the pregnancy has begun. This allows couples to have disease-free children, and not have to make the decision about possibly terminating their pregnancy.

### PGD/PGS is helpful for patients with:

- ✓ Advanced maternal age (35 years or older)
- ✓ Recurrent miscarriages (two miscarriages or more)
- ✓ Delivery or abortion of a foetus with a chromosomal abnormality
- ✓ Repeated failure of implantation after previous embryo transfers (twice or more)
- ✓ Significantly worse spermiogram parameters (presence of pathological forms of sperm) in the partner
- ✓ Conditions after cancer treatment by chemotherapy or radiation in one or both partners



## Other Treatments Offered

### Cryopreservation (Embryo Freezing)

This is a method of storing embryos from an IVF cycle for later use, by cooling and storing them at very low temperatures. There are two methods of freezing embryos. These are known as 'slow freezing' and 'vitrification'. All the embryos are stored in liquid nitrogen vessels which are held at  $-196^{\circ}\text{C}$ .

At Bridge Clinic, we use the vitrification method in a closed system – ensuring no cross-contamination happens in cryo-storage.

After fertilisation, some clients may have spare embryos. The spare embryos that are of good quality can be frozen for use in a subsequent cycle (if the woman does not get pregnant).

### Vitrification

Vitrification (flash freezing) is an advanced and more effective method of freezing embryos. This method allows for an improved survival of embryos (over 90%) as well as a better rate of implantation. The embryos are placed in a high concentration of cryoprotectants, then loaded into very thin straws. These straws are immediately plunged into liquid nitrogen, thus cooling them very quickly. This method of cooling is so rapid that the water molecules within the solution containing the embryos are unable to form ice crystals.

## Important Points to Understand

- ✔ The quality of embryos may not be good enough to allow freezing.
- ✔ In a few instances, some embryos do not survive the vitrification/warm-up process and in rare cases, no embryos survive.
- ✔ There is no guarantee that the transfer of warmed embryos will result in a pregnancy, although the success rates are as high as fresh transfer success rates, and sometimes higher.

## Consent for Embryo Storage

The consent for embryo storage must be signed before the procedure. You may request disposal of the embryos at any time. We will always try our best to contact you, but it is up to you to ensure that we have up-to-date information and fees so that your embryos and/or sperm can remain in storage. If the fees are not paid, we can choose to dispose of any stored sperm and/or embryos.

## Speak To Us Today

Request an appointment by contacting our

Client Service Centre: **01 631 0092**

[enquiries@thebridgeclinic.com](mailto:enquiries@thebridgeclinic.com)

📞 WhatsApp: **+234 81 0460 7791**



## We are here to support you every step of the way.

### Our Vision

Parenthood is a beautiful experience. That's why we at Bridge Clinic Fertility Centre 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.

While Bridge Clinic Fertility Centre is already known as the West African leader in infertility and IVF services, we want to bring our internationally accredited quality standards to all areas of healthcare across Nigeria. You can trust in Bridge Clinic to always put you first, so that you can focus on what's important – *your family*.

## Our Values

At Bridge Clinic, everything that we do is guided by a clear set of values that keeps us working in the best interests of our patients and partners and makes sure that we always work at the highest possible standard. We base our behaviour on the moral principles of the medical oath we adhere to.

**Ethical** healthcare for our patients that is dignified, in their best interests and that allows them to make informed decisions.

**Honest**, transparent communication with patients, partners and colleagues alike.

**Excellence** in everything we do, and always looking for opportunities for improvement.

**Innovation** in our services, based on up-to-date knowledge of the latest developments in medical technology, procedures and healthcare solutions.



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

Contact us:

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Engage us on:   