



**ACME FERTILITY**<sup>®</sup>

*Where hope finds the way...*

Dr. Neelam Bhise | Fertility Specialist

I

# Services Offered

- FOLLICULAR MONITORING
- IUI
- IVF
- ICSI
- P- ICSI
- LASER ASSITED HATCHING
- BLASTOCYST EMBRYO TRANSFER
- PRE GENETIC SCREENING (PGS)
- PRE GENETIC DIAGNOSIS (PGD)
- EMBRYO BIOPSY
- MALE INFERTILITY
- MAGNETIC SPERM SELECTION
- TESA, PESA
- DNA FRAGMENTATION STUDIES
- FERTILITY ENHANCING LAPAROSCOPY
- FERTILITY ENHANCING HYSTEROSCOPY
- ADOLESCENT HEALTH CARE
- SURROGACY

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## Dr. Neelam Bhise

Fertility Specialist and Endoscopic Surgeon

- MS (OB-GYN) B.Y.L.Nair & TNMC, Mumbai
- ART Clinician course - NUHS Singapore
- Former Assistant Professor - KEM Hospital, Mumbai.
- Scientific Director ACME hospital Pvt. Ltd. Mumbai.



## Experience

Dr. Neelam Bhise has experience of more than 14 years into field of fertility management, her breakthrough in treatment for repeated IVF failures, due to thin endometrium. She has presented papers on Platelet rich Plasma (PRP) therapies with 90% success rate in cases with previous failed IVF cycles. She has treated patients from over 60 countries with excellent success rates.

## Achievements -

- Contributed Chapters in various handbooks of OB-GYN.
- 20 Years work Experience.
- AWARDED "AMONGST 50 OUTSTANDING WOMEN IN HEALTHCARE" ACROSS ASIA IN 2017.
- Felicitated as prominent IVF consultant by honourable CM of Orissa, Shree Jagatprasad Nadda in 2017.



Acme Fertility is an advanced & best fertility hospital in Mumbai with a team dedicated to providing the highest quality of health care. In last 12 years Acme Fertility has given more than 7000 successful results With patients treated from more than 60 countries, and from each and every city of india, Acme Fertility has achieved happiness in many families With state of art infrastructure, modern equipments, expert specialist, embryologists, and infection free labs and operation theatre, Acme Fertility provides you the best possible results in your fertility treatments. We have a special team which will ensure to give you best treatment for high risk pregnancy with cost-effective way to you and your lovely baby throughout your pregnancy and thereafter also.



# What is Intrauterine Insemination (IUI) ?

Intrauterine insemination (IUI), also known as artificial insemination, is a medical procedure that is used to treat some cases of infertility. During IUI, specially washed and concentrated semen is placed directly into the uterus around the time a woman is ovulating.

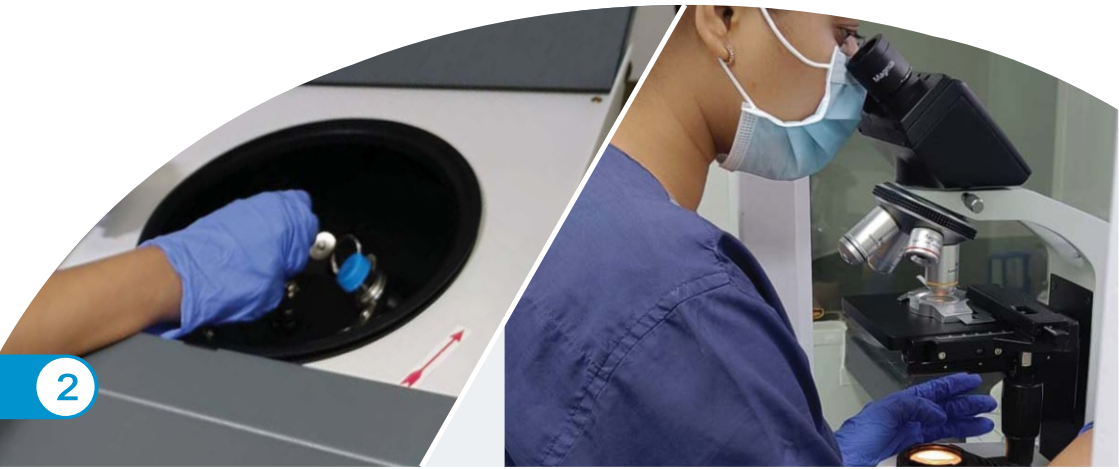
For IUI to be successful, atleast one fallopian tube should be open and functioning. Fertilization of egg and sperm happens in the fallopian tube. The zygote then moves to the uterus.

IUI is a non-invasive and less-expensive fertility treatment.

## **Tests required before IUI -**

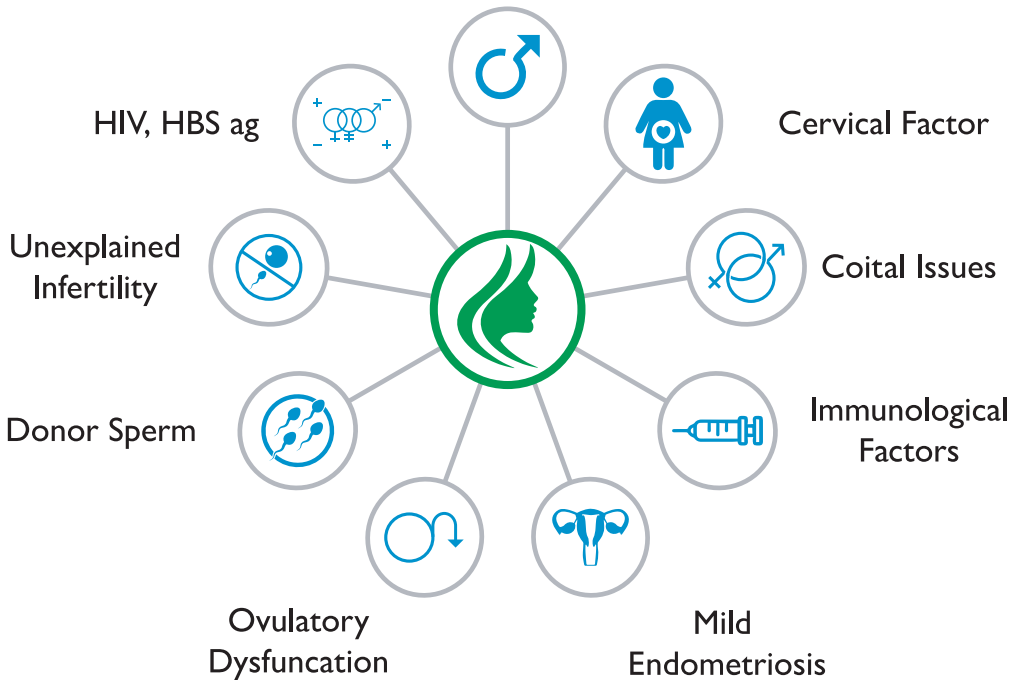
HSG / Tubal patency ( Prior Pregnancy )

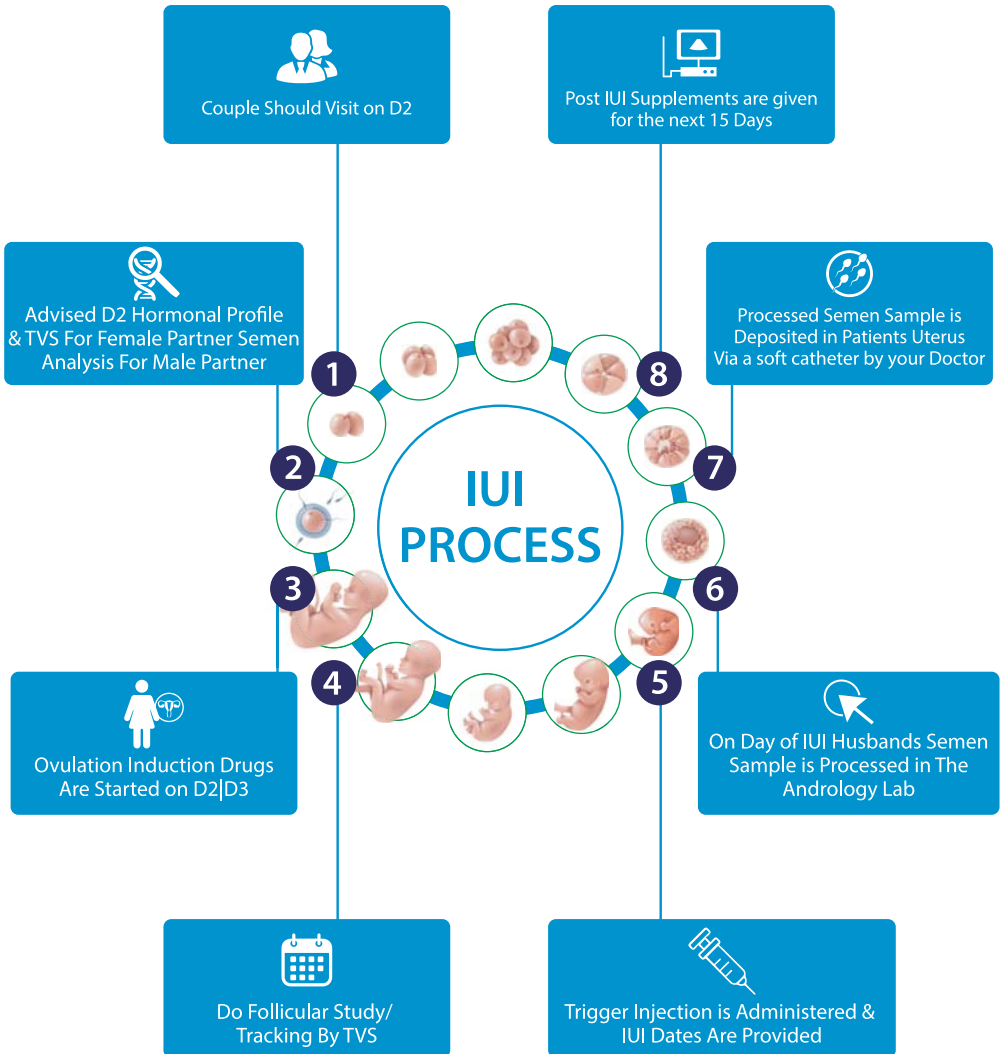
HIV , HBSAG , HCV



# To Whom To Advise IUI

## Mild Male Infertility







# Dos And Don't Before IUI Procedure



## Do`s

1. Prioritise your health.
2. Keep yourself physically active by exercising moderately.
3. Sleep 8 hours every night.
4. Keep your nutrition in check – a balanced diet is key and so is keeping track of your vitamins.
5. Abstain from ejaculation 2-3 days prior to collection of semen sample.



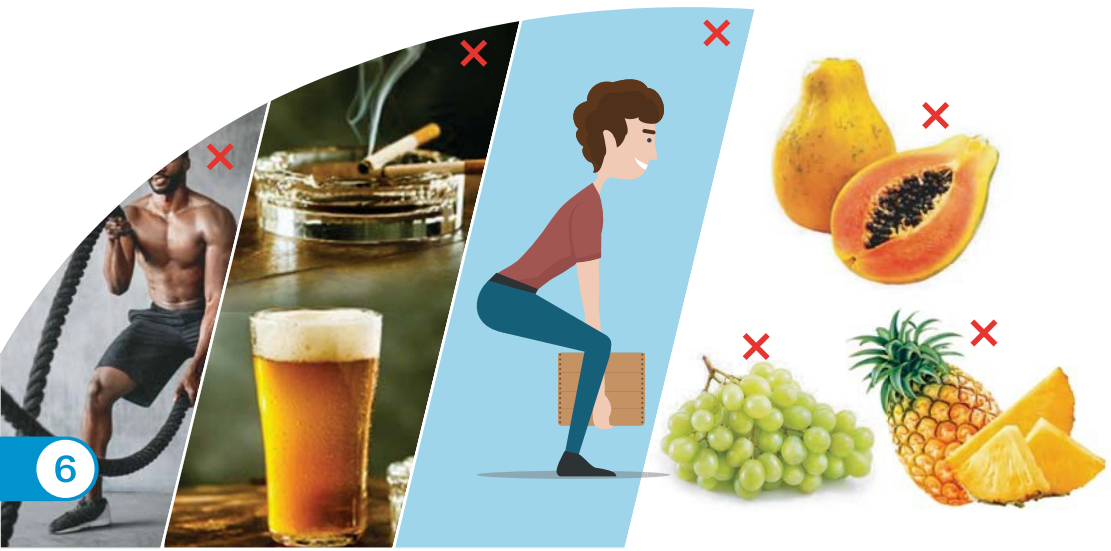
## Don't

1. Avoid drinking alcohol and smoking.
2. Decrease caffeine intake.



## What To Do After The Procedure?

- Add as much fruit, nuts and leafy vegetables to your diet as possible.
- Eat a healthy home-cooked meal instead of ordering junk food from outside.
- Do not eat fish or seafood.
- Eat 5-6 smalls, easy to digest meals per day.
- Do not eat hot, spicy foods, or other foods that cause indigestion.
- Grapes, papaya and pineapple are the foods to avoid.
- Avoid Lifting Heavy Objects
- Avoid Stress
- Avoid Smoking or Drinking
- Avoid Heavy Exercises



## 1 How successful is IUI on first try?

On average, a woman under 35 will have a 10 to 20% chance of pregnancy with each IUI, while a woman over 40 will have a 2-5% success rate.

## 2 How many times IUI can be done?

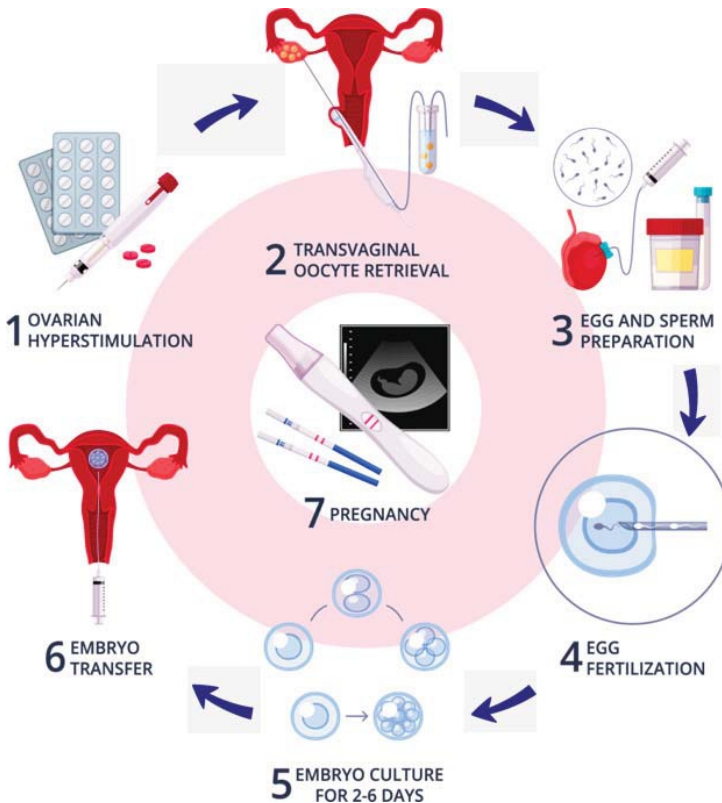
a) Under 35 years of age, we advise maximum 3 cycles of IUI before moving to IVF.

b) Above 35 years of age, the chances of you conceiving through IUI may be less. So if you are above 35 years of age you must consult a fertility expert to check which option is best for you.

## 3 Is there anything you can do to improve the health of your sperm

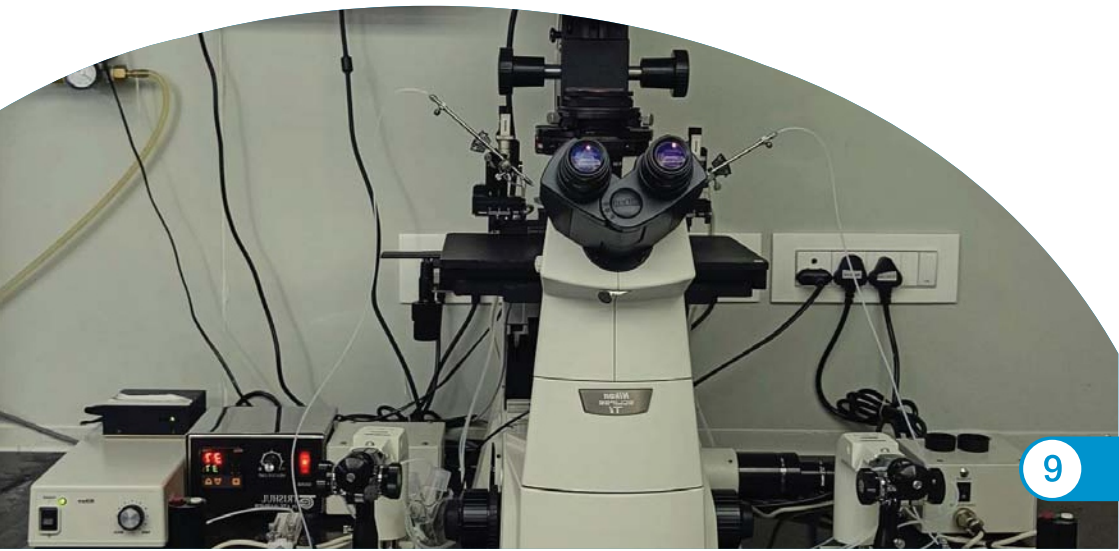
- Don't smoke or use illicit drugs, especially anabolic steroids.
- Avoid contact with toxins such as pesticides and heavy metals.
- Limit how much alcohol you drink.
- Eat a healthy diet and keep your weight under control.
- Keep your scrotum cool, because heat slows down the making of sperm. To do this, avoid hot baths, wear boxers instead of briefs, and try not to wear tight pants

In vitro fertilization (IVF) is a type of assistive reproductive technology (ART). It involves retrieving eggs from a woman's ovaries and fertilizing them with sperm. This fertilized egg is known as an embryo. The embryo can be transferred to a woman's uterus.



# Why Do You Need Ivf?

1. If you have blocked or damaged fallopian tubes
2. If your partner has male infertility issues like Oligozoospermia, Teratozoospermia or Athenozoospermia.
3. If you have premature ovarian failure
4. Endometriosis.
5. Low sperm count or other sperm impairments.
6. Polycystic ovary syndrome (PCOS) or other ovarian conditions.
7. Uterine fibroids.
8. Unexplained infertility.



- 1. Consultation with IVF Doctor.** Before treatment start, you will discuss medical history and the treatment process with your doctor.
- 2. Stimulation.** After your baseline scans, injections will stimulate your ovaries to develop multiple eggs
- 3. Monitoring.** Regular scans and blood test allow us to monitor your ovarian response to the drug.
- 4. Trigger Injections.** When hormones are at the right levels another injection will trigger the eggs to mature
- 5. Egg Collection and Sperm Collection.** Eggs are collected via a needle passed through the vagina under USG guidance, under sedation. A semen sample is required on the day of egg collection
- 6. Fertilization and Embryo Development.** Eggs and sperm are placed in an incubator to fertilize. Embryo development is monitored by embryologist
- 7. Embryo Transfer.** The best Day 5 embryos (BLASTOCYST) are transferred back into the uterus. Any suitable embryo not transferred can be frozen for Later use
- 8. Pregnancy Test - sr B-HCG.** Patient do a pregnancy test 14 days after embryo transfer.



# Tips and facts when you are planning for pregnancy

## Diet-

- Avoid Oily And Spicy Food/ Outside Food
- Avoid Cold Beverages Like Sodas
- Avoid Highly Processed Foods
- Drink Plenty of Oral Fluids.
- Include Legumes Like Beans, Lentils And Chickpeas
- Fresh Fruits And Green Veggies.

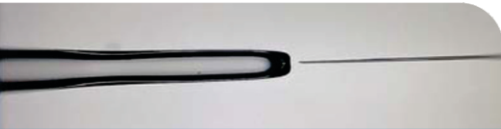
## Rest-

- Strict Bedrest Is Not Recommended During Ivf Treatment.
- You can do daily routine Activity.
- However Strenous Activity Should Be Avoided.
- Take Bath In Sitting Position
- Do Not Lift Heavy Weight
- No Unaccustomed Physical Activity.
- Avoid Intercourse After 6th Day of Stimulation Due To Probable Discomfort.
- Husband Instructions – Semen Freezing On Day 6th of Stimulation & on day of OPU.
- Ideal Gap of 3-4 Days is Adequate For Semen Freezing



# Intracytoplasmic Sperm Injection (ICSI) Process

The ICSI process is standard with all in vitro fertilization procedures. The process injects one, selected sperm into the cytoplasm of an individual oocyte (egg).



# Preselective Intracytoplasmic Sperm Injection (PICSI)

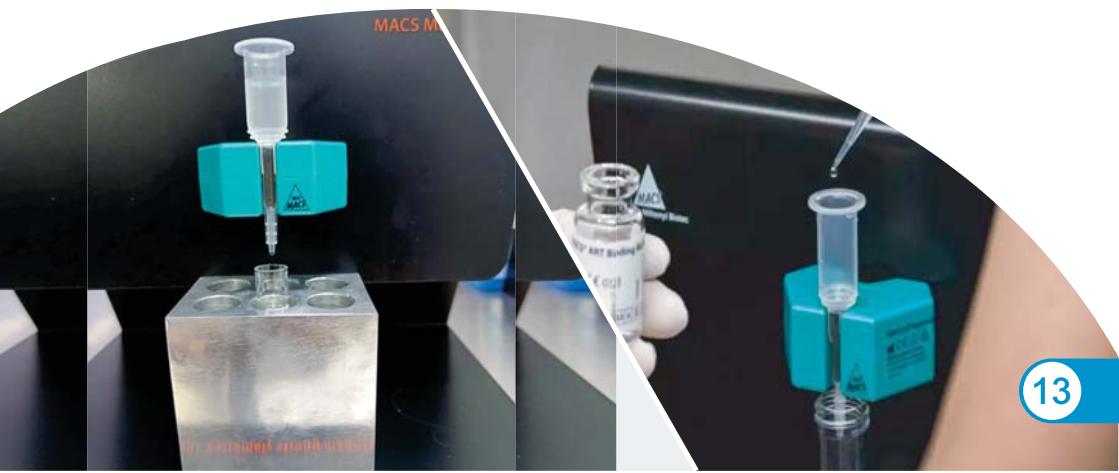
Preselective Intracytoplasmic Sperm Injection (PICSI) is a technique that simulates the natural selection of mature sperm. The PICSI method includes the addition of small droplets of hyaluronan to a sample of sperm. The sperm that attaches to the hyaluronan is then selected for use in ICSI.





# What Is Magnetic-activated Cell Sorting (Macs)?

Magnetic activated cell sorting is a new method of sperm processing with the use of specific antibodies on supermagnetic microspheres and magnets. This method enables to remove apoptotic (defective) sperm cells marked with antibodies from the semen and only retain live undamaged sperm cells, which are later used for assisted Reproductive technology. This method is suitable for patients with high incidence of apoptotic sperm in the semen, patients with low rate of egg fertilization after IVF/ICSI or after recurring failure of IVF treatment cycles without apparent cause. Magnetic sperm sorting has improved success rates in many couples with male infertility. Health sperm are most important for creating healthy embryos and which is an important factor for successful results in your Fertility treatment.



In certain cases, where embryos are not formed or developed or repeated implantation failure due to oocyte's or embryo's structural changes,

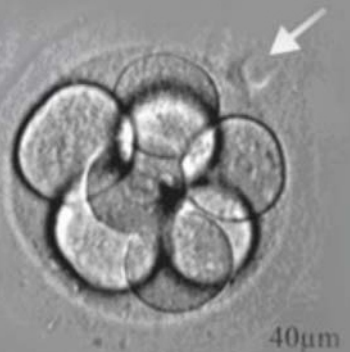
Laser assisted hatching is one of the best advance treatment, which can be used. Up to the blastocyst stage, the Human embryo is surrounded by the Zona pellucida. Prior to the implantation, the embryo has to escape from the Zona pellucida, a process known as hatching.

Hatching has increased success rates in these patients by significant percentage. Acme Fertility uses one the finest laser available in field of reproductive endocrinology to achieve best possible results.

a



b



# Platelet-Rich Plasma



As newer and advance treatments are coming, importance of stem cells or stem cell precursors is growing fast.

in patients with low egg reserve or poor endometrium, PRP technique is used regularly to improve oocyte quality and quantity. Also in case of poor growth of endometrium, PRP has proven significant improvement in uterine lining.

Platelet- Rich Plasma (PRP) has been used to improve egg quality, uterine lining thickness, and endometrial .

# Sperm Sorting



To create best quality embryo, getting best quality sperm is essential, now with sophisticated machines its very easy to select best quality sperm.

**Sperm sorting** is a means of choosing what type of sperm cell is to fertilize the egg cell .It can be used to sort out sperm that are most healthy These most healthy sperms are then used to create best embryos, to give you better success rates.

Majority of patients coming to IVF are due to frequent implantation failure, though implantation is complete natural process, chances of implantation now can be increased with embryo glue.

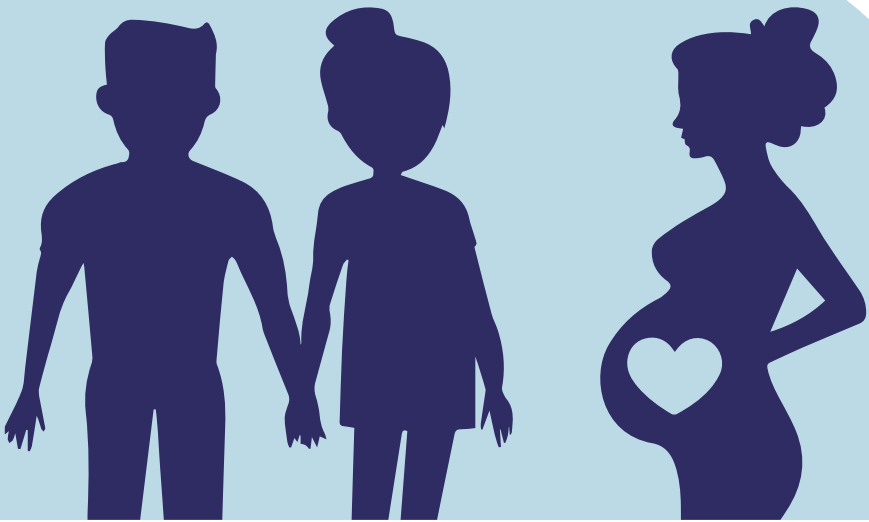
EmbryoGlue is a glue like a media by increasing the chance of implantation of the embryo to the womb. It consists of a high concentration of hyaluronan & recombinant human albumin, both of which promote implantation.

Acme Fertility uses all possible new modalities and equipments to provide you best success rates with scientific methods, our hard-work and your trust we can bring happiness to you.



# Surrogacy

Asian Surrogacy, registered Surrogacy center under surrogacy Act 2021,  
Provides you the option for surrogacy process in selected cases as per law.  
Asian surrogacy will take care of you from registration to the delivery of your baby.  
Surrogacy is simply growing a baby in some other mothers' womb.  
In surrogacy, your embryos are transferred in surrogate mother's womb.  
Surrogate mother just nourishes the baby for 9 months.  
Baby will have the same genetics as of given embryos.



As per Surrogacy Act 2021, only couples who can go for surrogacy process are

1. Indian Nationals
2. Married couple with Husband Age 26-55 and wife 23-50 years.
3. Medical indication necessitating gestational surrogacy
4. Who do not have any Surviving Child either biological, adopted or surrogated.

Surrogacy is one of the best options for patients with Absent/Hypoplastic/abnormal uterus, or in patients with repeated implantation failure, abortions or multiple pregnancy loss. It is also advised to patients suffering from major medical or surgical illness where pregnancy can be life threatening.

At Asian surrogacy we provide complete solution of your surrogacy management, from documentation to hassle-free delivery.

For more details – Contact – 8655006566

Or mail us at – [help@asiansurrogacy.com](mailto:help@asiansurrogacy.com)







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📍 3rd and 4th Floor, Signature business Park,  
Postal Colony Road, Near Chembur Mono Rail Station,  
Chembur, Mumbai - 400 071

📞 8655 00 6565

📞 022 - 6977 000 (Appointment) | 022 - 6977 001 (Reception)

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