

**FERTILITY TREATMENTS**

AT HIRSLANDEN GROUP OF PRIVATE HOSPITALS



Hirslanden clinics are among the most popular and prestigious private hospitals in Switzerland. For decades now, our clinics have enjoyed a reputation for state-of-the-art infrastructure, internationally recognised top-quality medicine and patient-oriented services.

This brochure is intended to give you an idea of the services provided by the Hirslanden Group of Private Hospitals in the field of fertility treatment.

An unfulfilled desire to have children may have any number of reasons. Since the causes can lie with the woman just as easily as with the man, extensive consultations and thorough examinations are conducted with both partners.

#### **Possible causes in the woman**

Problems with Fallopian tube patency and/or nidation (possibly due to a blocked Fallopian tube, deformities, myoma or polyps in the womb or dysplasia), the woman's age (fertility declines slowly from the age

of 30 and very quickly from the age of 37), impairment of ovulation and egg cell development (possibly due to hormonal imbalances, thyroid gland malfunction, extreme overweight or underweight condition, extreme physical strain) or endometriosis (growth of cells that usually line the womb outside of the womb).

#### **Possible causes in the man**

Impairment of sperm formation (possibly as a result of an undescended testicle, infection with mumps as a child, varicose veins in the testicle, hormonal imbalances, condition after a testicle or hernia operation), immunological sterility (antibodies against sperm cells), blockage of the seminal tracts (possibly after an infection, prevention) or congenital absence of spermatic ducts.

For either partner, it is possible that no cause will be found. Following a thorough examination, a decision is taken together with the gynaecologist/urologist regarding which of the following options or combinations of treatments are most suitable.

## **TREATMENT OPTIONS**

#### **Hormonal stimulation**

The hormone treatment for the woman involves her taking medication (by means of tablets or injections) to develop egg cells and initiate ovulation. Ultrasound examinations and blood tests are carried out to check egg cell development. Fertilisation takes place during intercourse or with the aid of artificial insemination.

#### **Artificial insemination**

The semen is processed in the doctor's surgery in order to filter out the motile and normally formed sperm. These are introduced directly into the womb at the time of ovulation using a thin catheter.

#### **In vitro fertilisation (IVF)**

This method is a good option when the Fallopian tubes are irreparably damaged, an endometriosis exists, the man's ability to reproduce is severely restricted, the sterility is caused by antibodies, or no causes can be found for a pregnancy not to occur.

With this form of treatment, fertilisation takes place outside of the womb: egg and sperm cell are brought together in a test tube and returned to the womb using a thin catheter after fertilisation (embryo transfer).

#### **Intra-cytoplasmic sperm injection (ICSI)**

ICSI is a further development of in vitro fertilisation. In cases where the man has severely impaired fertility, a single sperm is inserted directly into the egg cell.

#### **Freezing of fertilised egg cells (cryoconservation)**

An average of 3 to 15 egg cells can be retrieved following hormonal stimulation. No more than 3 fertilised egg cells can be transferred to the womb per cycle (in order to limit the risk of a multiple pregnancy). The remaining egg cells can be frozen and stored for up to 5 years.

Consequently, only one hormonal stimulation is required in most cases if enough egg cells are available.



Embryo in 4-cell stage on day 2 post-insemination

Title picture:  
Intra-cytoplasmic sperm injection (ICSI)





### **Microsurgical epididymal sperm aspiration (MESA)/Testicular sperm extraction (TESE)**

If there are no sperm in the semen (possibly due to inoperable spermatid duct blockages or following tumour operations), fertile sperm can often be retrieved from the epididymis or testicles. MESA involves retrieving sperm from the epididymis. In the case of TESE, a tissue sample is taken from the testicles. Either method can be combined with ICSI.

The removal of the testicle or epididymis tissue is a minor operation. The tissue can then be frozen in the IVF lab, meaning that it is frequently only necessary to remove tissue once.

The donation of eggs and embryos, surrogate motherhood, cloning, and preimplantation diagnosis (PID) are all illegal in Switzerland.

Hirslanden clinics offer you the best possible attention and support in terms of both nursing and medical care. We are committed to providing safe, discrete surroundings in our doctor's surgeries and clinics.

#### **For more information, visit us at**

[www.hirslanden.com/fertility](http://www.hirslanden.com/fertility)

[www.hirslanden-baby.com](http://www.hirslanden-baby.com)

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