Welcome to the NYULFC Egg Thaw & Embryo Transfer Orientation Class.

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Critical Information for Egg Thaw & Embryo Transfer Cycles

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Embryology & Andrology

ICSI
Embryo Development

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The Embryo Transfer:

Fresh ET
Pregnancy Monitoring

Section 4: Wellness

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Section 5: Research

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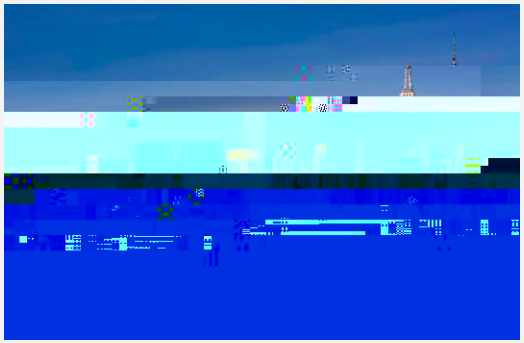

Hello & Welcome!

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Section 1: NYULFC Overview

Critical Information for Egg Thaw & Embryo Transfer Cycles at NYULFC

Important Announcements:

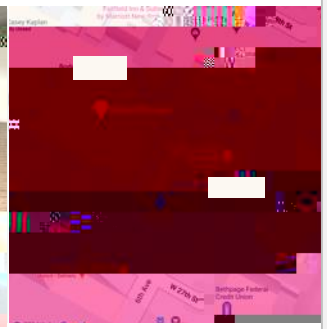
NYU Langone Fertility Center Office Locations

Main Office

159 East 53rd Street, 3rd Floor
New York, NY, 10022

212-263-8990

NoMad Satellite



109 West 27th Street, 9th Floor
New York, NY, 10001

212-263-0040

Reproductive Endocrinology Fellows

NYULFC is part of the Division of Reproductive Endocrinology and Infertility (REI) at NYU School of Medicine's Department of Obstetrics and Gynecology.

We host a 3-YR fellowship training program in REI approved by the American Board of

Genetic Counseling

Andria Besser and Hannah Green are Board-Certified Genetic Counselors at NYULFC.

Andria Besser, MS, CGC

Indications for Genetic Counseling include:

- Personal or family history of genetic disease
- Couples who both carry the same autosomal recessive genetic disease
- Carriers of X-linked diseases, autosomal dominant diseases, or heritable chromosome abnormalities

Available by appointment

To schedule a phone consultation, please contact Sylvia Wadowiec, at Sylvia.Wadowiec@nyulangone.org or 212-263-0054

Carrier Screening for Recessive Genetic Diseases

NYULFC uses the laboratory **Invitae** for carrier screening, to assess the risk of having a baby with certain inherite disorders. Carrier screening is recommended for everyone and is performed via blood or saliva sample. Genetic counseling about your results is provided by Invitae.

Preimplantation Genetic Testing for Aneuploidy (PGT-A)

NYULFC uses the laboratory "**Coopergenomics**" (877-282-3112) for PGT-A, to test embryos for chromosomal information.

Please note that NYUFC does not provide testing or genetic counseling for hereditary cancers such as BRCA1/BRCA2.

These appointments are available through the NYU Perlmutter Cancer Center (646-754-1376).

Patient Care Coordinators

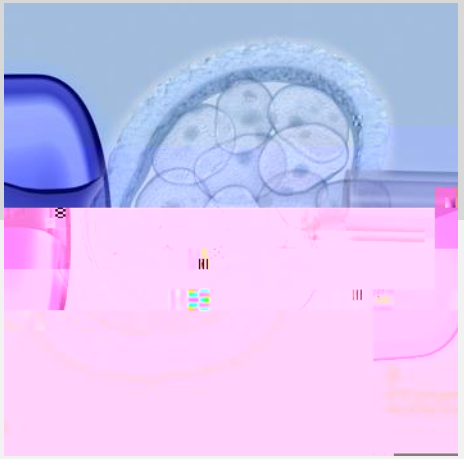
Your Patient Care Coordinator serves as your point person throughout your treatment cycle. At NYULFC, each physician collaborates directly with a Patient Care Coordinator to form a “Physician Pod” or care team.

When contacting your Patient Care Coordinator, you may also include the Coordinator group: FertilityCoordinators@nyulangone.org in case your Coordinator is out of office.

Physician	Coordinator	Coordinator Phone	Coordinator Email
Dr. Alan Berkeley	Joanna Marrero-		

Embryology and Andrology Laboratory Schedule

The NYULFC embryology, andrology, & endocrinology laboratories are located at our main office, 159 E 53rd St, Floor 3.



NYULFC's laboratories close for 10 days each December to perform extended cleaning and maintenance (**"December Downtime").**

NYULFC continues to provide monitoring, consultations, and non-IVF procedures during the closure periods.

Please contact your Patient Coordinator with any questions you have regarding the laboratory downtime period.

Your Coordinator will make sure you can complete your cycle prior to the December closure.

Prerequisite Tests & Appointments

Please note, all required tests (i.e. “checklist”) and insurance pre-certification **must be completed** prior to the start of your cycle. **Failure to complete all checklist items or consents will delay your treatment.**

The checklist pictured above is a generic guideline. You will receive a customized checklist from yourTf1/I3.3(r)-8(T>BDC no 720 540 reW* nBT/F25 EMC /P <MCID 37>BDC q0.000010729 0 7G Tf1 2yTf60729 0 /1Tf1 0 0 1 22.896 45.19Tm0 g0 G[ch)3(e)3(

Consents

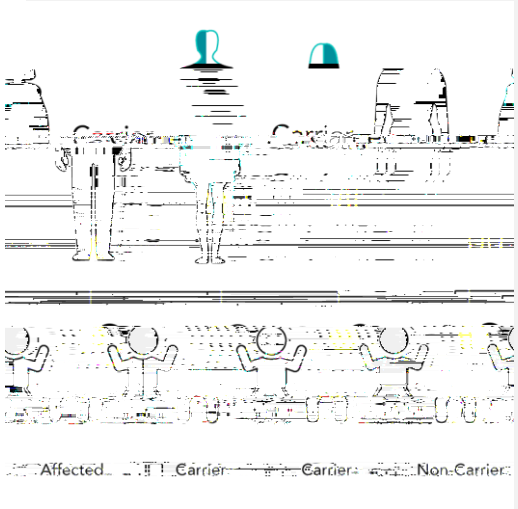
NYULFC partners with EngagedMD to deliver consent forms and video education modules directly to your email inbox.

You will receive your consent forms via email, and you will be required to verify your identity when you sign.

You will be asked to scan your driver’s license or passport using your phone.

All consents must be complete prior to cycle start.

Genetic Testing: Carrier Screening



Reservation for Cycle Start

Reservation Requirement

A **Cycle Start Reservation** is required for all patients undergoing care at NYU Langone Fertility Center.

Reservation Timing

To account for variation in menstrual cycle timing, all Cycle Start Reservations are honored within a 7-day window of the confirmed date

Example: if your reservation for Day 2 Start is confirmed for the 14th of a month, your reservation will be honored between the 7th and the 21st of the month.

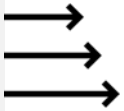
How do I make a Reservation?

Please contact your Patient Care Coordinator to make a Day 2 Cycle Start Reservation.

Your Coordinator will book your Cycle Start Reservation. Your Coordinator will also call you 1-week prior to your anticipated menses to confirm your Reservation.

What is a “Day 2” Start?

Day 1 of your menstrual cycle is considered full flow menstrual period before midnight (not staining or spotting).



Day 2 is the following day.

Note: if your period arrives late at night, do not call the overnight emergency service. In the morning, please call our office at 212-263-8990 for Day 3 cycle start instructions.

If you are taking birth control, this will be 4 days after the last active pill.

Morning Monitoring at NYULFC

When & Where

Morning Monitoring services, including bloodwork and ultrasound, are available at both offices (Main Office & NoMad Satellite).

Morning Monitoring occurs between **7AM – 9AM**, 7 days per week.

Appointments are required for morning monitoring.

Afternoon Portal Messages

Expect a portal message or (in rare cases) a phone call from a nurse during the afternoon following your morning monitoring visit.

Please be sure to check your NYULFC Patient Portal account each day for important medication updates!

As a back-up, please provide us with the best phone number (with voicemail!) to reach you between 12PM – 5PM.

Please follow all instructions delivered by your nurse.

Contact Information

Questions?

Please message your care team using the NYULFC Patient Portal or call the main office at 212-263-8990.

The best time to reach our nursing staff is between 10AM – 5PM ET.

Section 2:

Embryology & Andrology

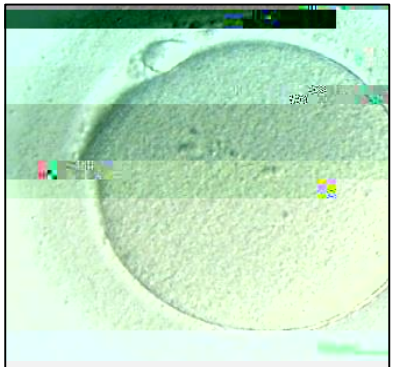
Intracytoplasmic Sperm Injection (“ICSI”)

Intracytoplasmic Sperm Injection is when a single sperm is injected into the egg to assist fertilization.

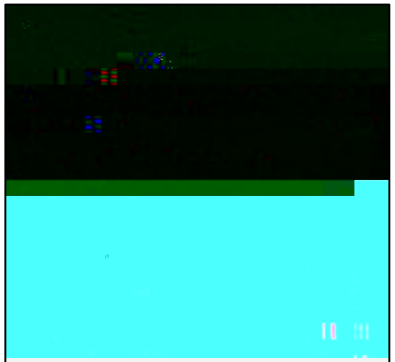
ICSI is indicated for certain types of genetic tests,

Embryo Development

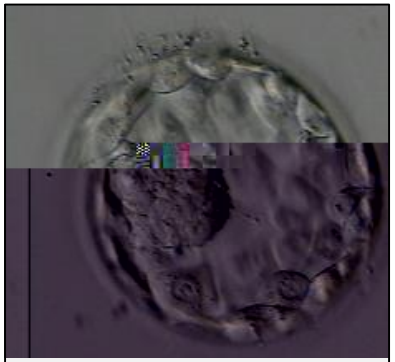
Egg with surrounding cells immediately after retrieval



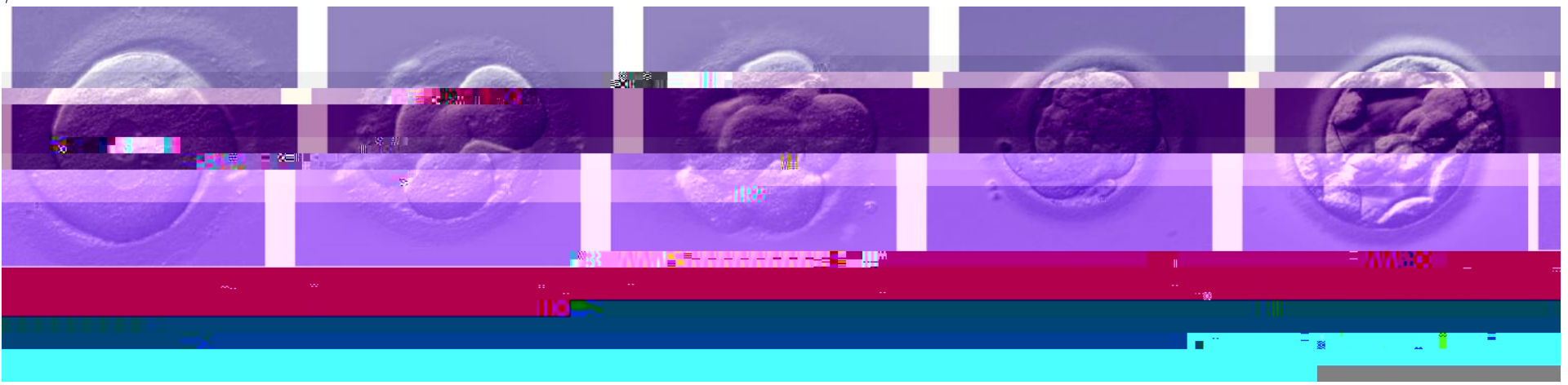
Mature egg with surrounding cells removed



Semen are processed to concentrate motile cells



Embryo that has reached the blastocyst stage



Storage of Frozen Embryos

If more than one embryo results from your Egg Thaw cycle, NYULFC will cryopreserve (freeze) and store all embryos until the patient submits a completed consent for embryo disposition.

The first year of storage is included in standard cycle fees. Any embryos stored after the first year will incur annual storage fees for which the patient is responsible.

If a cycle does not produce any embryos that may be transferred we recommend signing a disposition consent as soon as possible to avoid incurring future storage charges.

Cryostorage with

All frozen tissue is stored onsite at NYULFC.

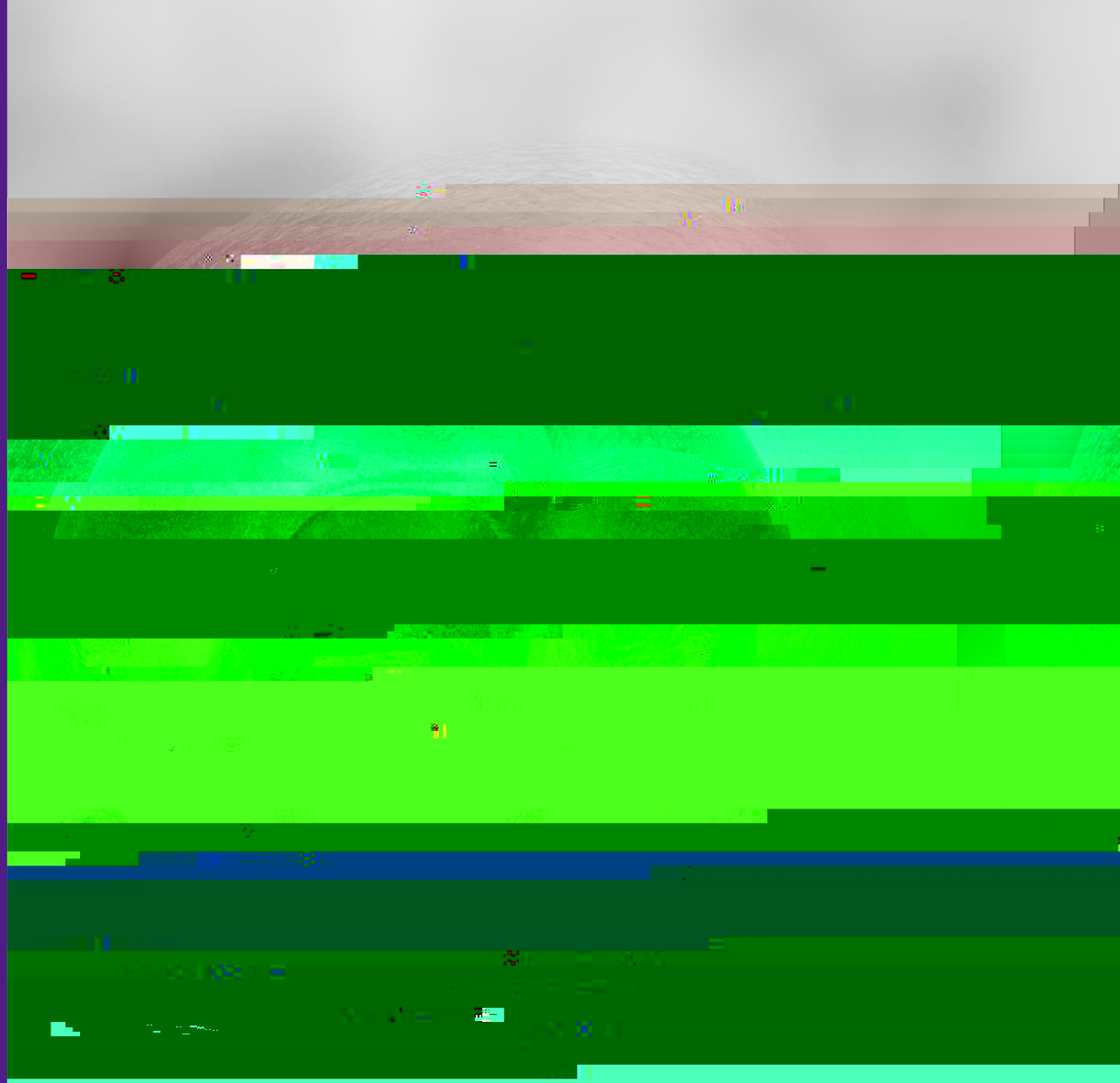
All NYULFC patients will receive an account with our tissue management partner, Embryo Options.

Patients may log in to the Embryo Options portal at any time to manage their cryostored tissue (disposition consents, online education, bill pay, etc).

Pre-enroll for your Embryo Options account at https://eocryo.com/nyu-e9c5b
or by scanning this QR code:

Section 3: Embryo Transfer

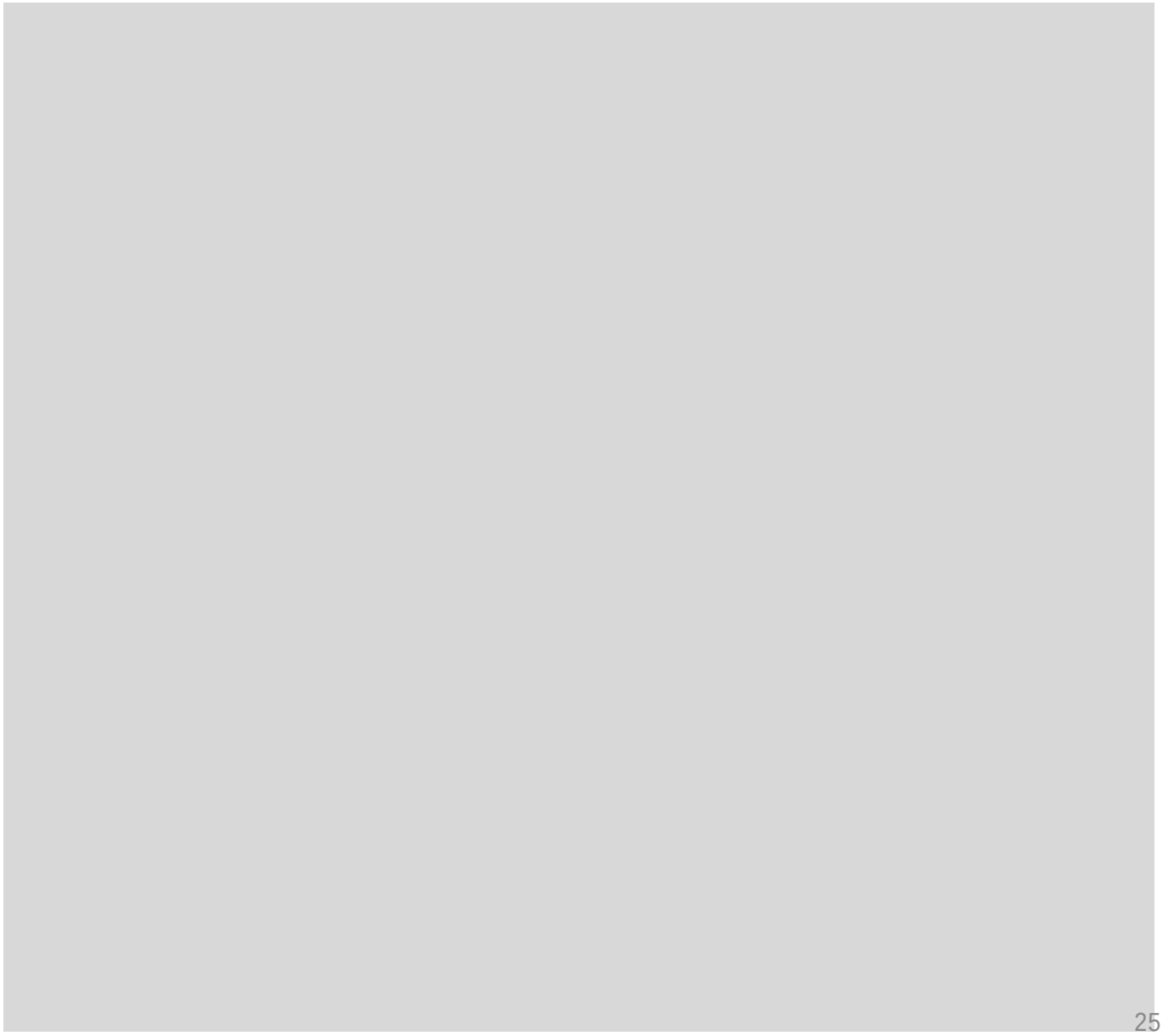
Fresh ET.
Pregnancy Monitoring.



Medication Information & Resources

Cycle Type	Brand Names	Medication Type	Purpose	Training Video
FET	**Estrace**	Estrace is used to to build the uterine lining in preparation for embryo transfer. You will start Estrace tablets on Day 2 when instructed to do so by a nurse. You will continue this medication through the 10th week of pregnancy.		Partner receiving FET will be prescribed Estrace tablets on Day2; continue taking Estrace through 10th week of pregnancy; Estrace is taken orally
FET	**Crinone Suppository** or **Progesterone** in **Sesame Oil** or in **Olive Oil**	Progesterone is used to help support pregnancy. Progesterone is given in the form of a vaginal suppository or intramuscular injection to be started upon instruction when your embryo transfer has been scheduled by the embryology lab. You will continue this medication through the 10th week of pregnancy.		Crinone Suppository: https://www.mdrusa.com/wp-

Fresh Embryo



Fresh Embryo Transfer Procedure

The selected embryo is transferred directly into the uterus during a **5-15 minute procedure**; sedation is not usually required and there is no recovery period.

You will be allowed to get up and depart immediately after the embryo transfer procedure.

Embryo Grading

How is an embryo chosen for transfer?

The Embryology Team determines an embryo's grade based on the embryo's growth and appearance. Further information can be provided by your doctor or an Embryologist on our team.

NYULFC strongly encourages the transfer of a **single** embryo

Luteal Monitoring (Post-Transfer)

Progesterone Blood Test

You will have a progesterone blood test on the day of your embryo transfer.

Pregnancy Blood Test

9 days after the embryo transfer, you will visit NYULFC for a pregnancy blood test (mandatory).

If positive, you will be asked to return within 1-week for a repeat blood test.

Pregnancy Ultrasound

3 weeks after the embryo transfer, assuming the pregnancy test is positive, you will return to NYULFC for a pregnancy ultrasound.

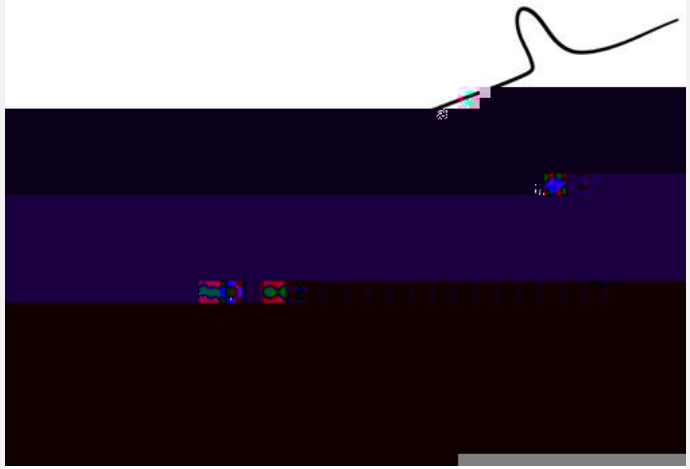
Transfer to OB

After a fetal heartbeat is documented during an ultrasound, you may **transfer your care to the obstetrician** of your choice.

Section 4: Wellness

Wellness & Support

Psychological Support Services



NYULFC patients have access to onsite and offsite psychologists, all of whom have decades of experience helping couples to navigate the stressors created throughout the fertility treatment journey.

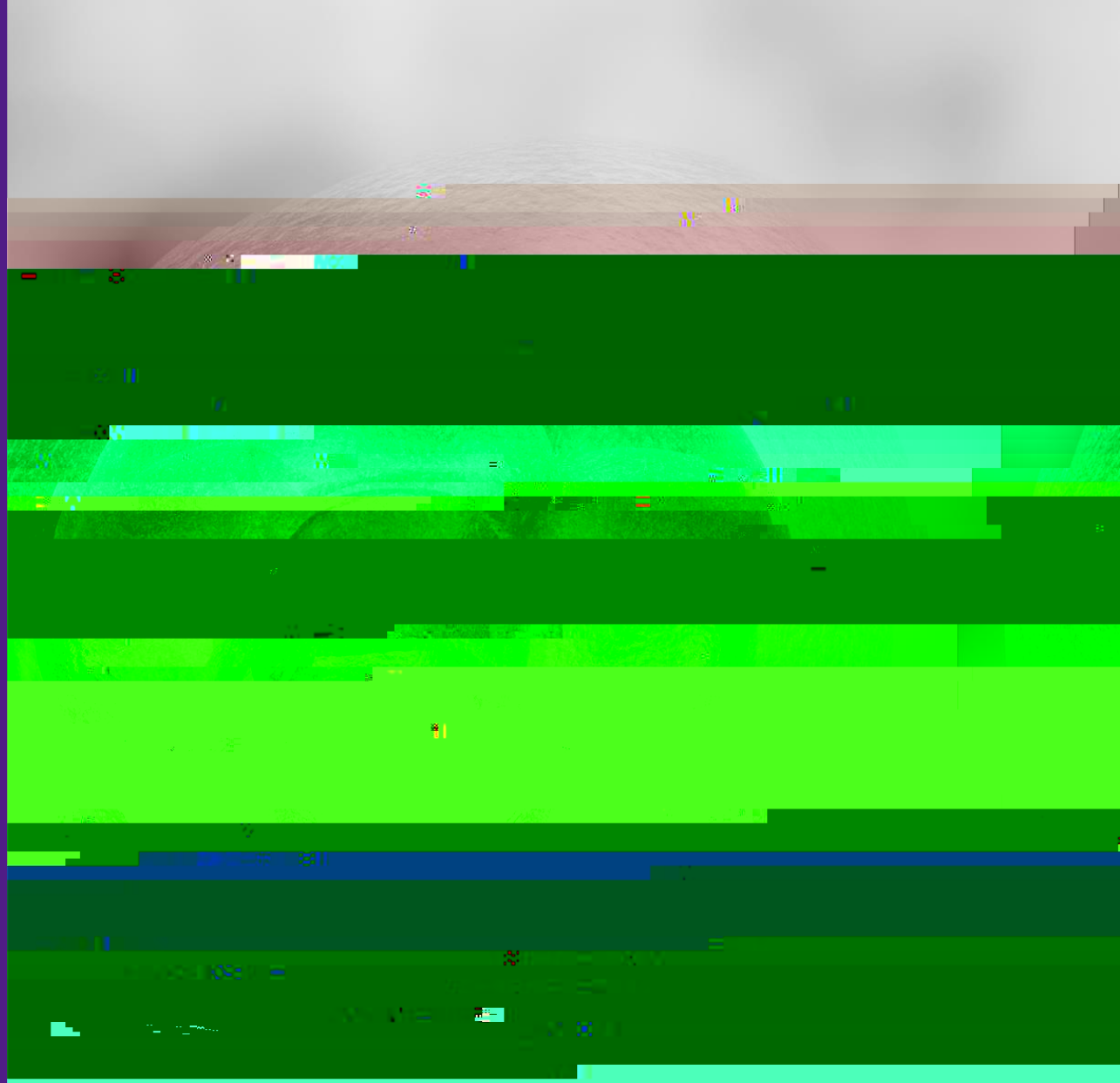
Consultations, treatment, and support sessions are available for couples and/or individuals.

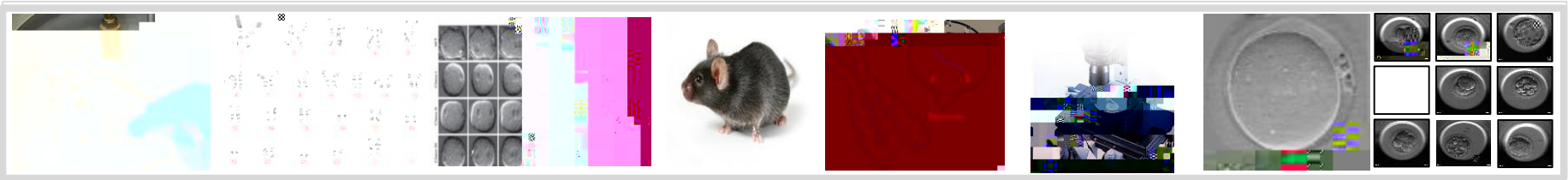
Consultations are mandatory for all patients using donor gametes.

If you are interested in psychological support, please call 212-263-0054 for information or to book your appointment.

Section 5: Research

Research Studies & Participation Options





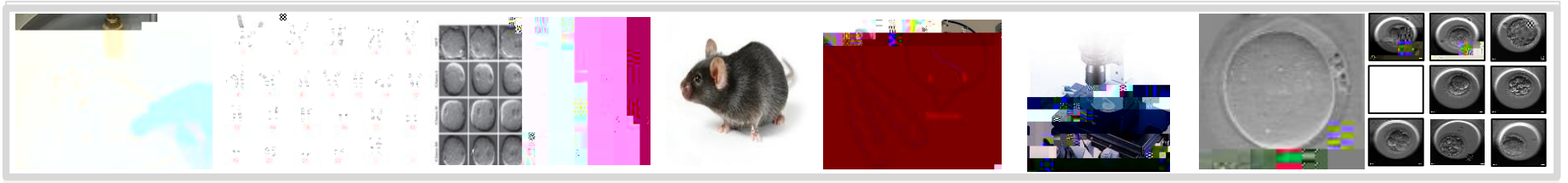
Research Studies at NYULFC

As a leading center in academic research, our faculty and staff are actively engaged in multiple research studies at any time which we hope will advance and improve infertility benchmarks and fertility treatment options.

The purpose of our sample collection and repository is to enable the research use of superfluous biospecimens, which are not needed for diagnostic or clinical use, and which would otherwise be discarded

Participation in research studies is voluntary, which means it is your choice if you would like to participate or not. Your decision as to whether or not to participate will not affect the care you receive during your treatment cycle.

Providing consent for research does not imff4ginesg0 G001ipa94(p0 g0 G[P)7(r)9(o)-8(v)11ipa)-5(94ce) -3(t)16(oF-19(ci



The goal of our research is to optimize fertilization, embryo development and culture, in vitro maturation,

Questions?

E: Haley.Penny@nyulangone.org

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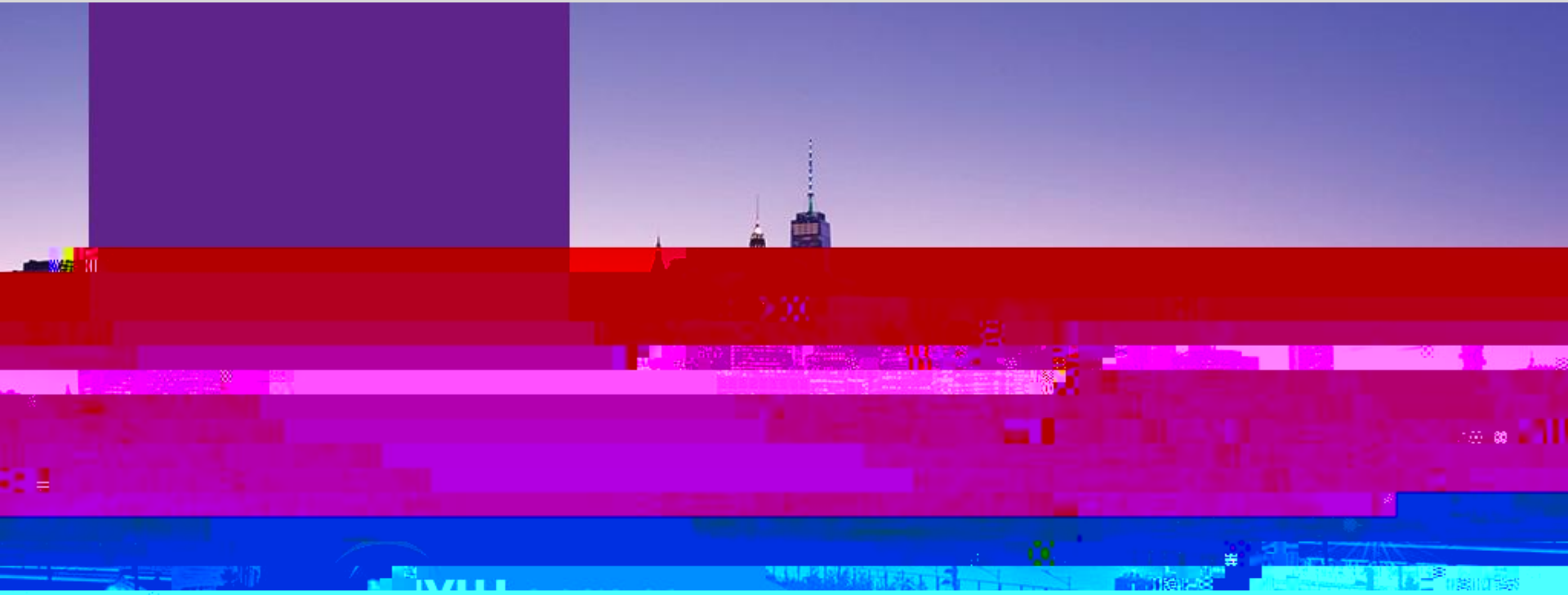
F: 212-263-7853