

## Frequently Asked Questions

### **When should I consider seeking fertility services?**

Since the majority of women become pregnant within one year of having unprotected intercourse, most couples or individuals are advised to try to conceive on their own for a year before beginning fertility testing. For women over 35, those with known medical problems that might affect fertility (such as polycystic ovarian disease or pituitary tumors), or women who are attempting to get pregnant through artificial insemination, earlier testing may be appropriate. It is important that both partners be tested initially to carefully assess the extent of the fertility problems.

### **Why should I choose UCSF?**

A compassionate and understanding team that contributes to your well-being, a sense of empowerment and the confidence you desire during your fertility journey are important factors to consider when choosing a fertility program. At the UCSF Center for Reproductive Health, we are proud to provide you with this reassurance, together with solid experience, expertise and the most up-to-date treatments from a university-based program in a private, comfortable setting.

Developing a partnership is the foundation of our program because we believe that couples and individuals need to fully understand their reproductive potential and how it affects choices. Our board-certified, interdisciplinary team works closely with you to educate you about your condition and care every step of the way. We share our decision-making process with you so that together we can make the best choices to achieve a successful pregnancy. Because each patient is unique, treatments are tailored to meet your individual needs and specific situation, not a standard formula.

### **What can you tell me about your doctors and staff?**

Our physicians are all double board-certified in reproductive endocrinology and obstetrics/gynecology which means they completed additional training to become specialists in fertility. They work as a team and collaborate on cases so they can weigh in together to determine what's best for you. Some of them have even had infertility treatments themselves, so they really get it! Our web site lists all of our physicians and staff and some information about their background.

### **What are your success rates?**

We are very proud of our success rates at UCSF. Although each case is unique, we have some of the highest implantation rates in the nation. For a detailed explanation of our rates and how to evaluate them, please review our Success Rates section on our web page at [www.ucsfivf.org](http://www.ucsfivf.org).

### **Do you accept the insurance I have?**

We accept insurance from many payors. Please check our website for the most-up-to-date list. If you don't find your insurance listed, please make sure to call us to check if we contract with them. Since each insurance plan is different, often the most direct route to answer this question is to call your insurance provider. They will be able to tell you if they cover fertility services and the benefit amount. In either case, we can discuss your options.

**Are your doctors Brown and Toland or Hill Physicians?**

UCSF physicians are part of Hill Physicians Medical Group but accept authorizations from Brown and Toland physicians and all other physicians.

**Where are you located?**

We have two convenient locations – one in San Francisco and one in Greenbrae, Marin County, just north of the Golden Gate Bridge. Both are easy to access and have convenient parking.

**Can I meet your team before I choose UCSF?**

We offer free monthly evening information seminars at our San Francisco and Marin locations focused on assisted reproduction and IVF. Led by our physicians and staff, these seminars provide an opportunity for you to meet us, learn more about the many options we offer and ask questions either in the group or privately with our staff.

The seminar schedule can be found on our Web site at <http://coe.ucsf.edu/ivf/>

Please call us to reserve a seat.

**Are you open for early morning appointments and on weekends?**

We make every effort to accommodate our patients. The nature of an infertility practice is that we see our patients 7 days a week. We are available when your body needs our support. Additionally, we know that your treatments might require multiple appointments. To limit the disruption to your work and life, we see those patients requiring daily monitoring starting at 7:30 every morning so that you can get back to your life as quickly as possible.

**How much does a typical IVF cycle cost?**

Costs are dependent on the type of treatment that each person receives. Since each person's situation is unique we cannot predict the exact price. We are more than happy to chat with you about your needs and provide you with prices and financing options. Please call to speak with one of our financial counselors at (415) 353-7475.

**What is covered in the base price of an initial consultation?**

In an initial consultation, our board-certified physician reviews your records, takes a thorough history and performs an ultrasound on the woman so we can best understand your situation, avoid redundant tests and devise together with you the best care plan focused on success. The comprehensive initial consultation lasts a full hour and sets the stage for how we proceed.

**What is the timeline for IVF?**

The most successful IVF is one that is planned. We spend time prior to the IVF cycle gathering all the information needed to assure the treatment plan devised is most appropriate for each individual patient/couple and that all controllable factors are optimized. Once the protocol is selected, the timeline is typically 4-6 weeks. The last two weeks are the most intensive with frequent office visits and procedures. And, the hardest part of an IVF treatment – the two *after* the procedure is over – waiting for the results! This is a time when it's important to really take care of yourself and knowing it will be stressful allows you to be most prepared.

**What needs to be done before I discuss further options with the specialist by the female and male partners?**

It is not necessary to have any testing before you visit our Center. During an initial consultation for either the man or woman or both, we can review any previous testing, your medical history and determine next steps. Some patients come to us having no prior fertility workups while others seek out our care having received care elsewhere. We will start with you where ever you are and work together to determine the best possible plan for your situation and needs.

**What are your treatment options for patients over 40?**

At UCSF, 25% of our patients are over 40. We understand the unique requirements of this special group. Our team works with you to understand your individual potential for success. We will perform IVF for patients up to 45 years of age. It is important for each patient to understand her own individual potential for success. Our goal is to give you the information you need, to optimize chances for success by individualizing care, and then to allow you to make the choice best for you in all circumstances.

**What are treatment options for women over 45?**

The chances for pregnancy using your own eggs, when over 45, are so low that we do not believe it is in your best interest to proceed with treatment, however, you may be an ideal candidate for oocyte donation. It is very clear that the impact of age is on the oocyte (egg) and not the uterus. Your ability to carry a pregnancy is unaffected by age. We want to first assure pregnancy is safe for you and your baby, but then oocyte donation allows women over the age of 45 to experience the entire process of pregnancy, the bonding that occurs with pregnancy, the ability to breast feed and the potential to share the pregnancy with your partner.

**Do you help women who've already tried IVF, have not conceived but want to try again?**

Absolutely. We treat many patients who have had previous IVF cycle failures. One of our specialties is the ability to evaluate and treat these patients/couples. While some programs have "standard" protocols, we recognize the unique aspects of each patient and how different stimulations and protocols may have differing effects. At UCSF, we pay particular attention to your individual infertility factors, how you've responded to prior cycles and integrate the clinical and laboratory aspects of care

**Do you have services for the LGBT community, single parents and older parents?**

Yes, all of the services we offer are available to the LGBT community, single parents and older parents. We have patients of all kinds and situations who have successfully used our services.