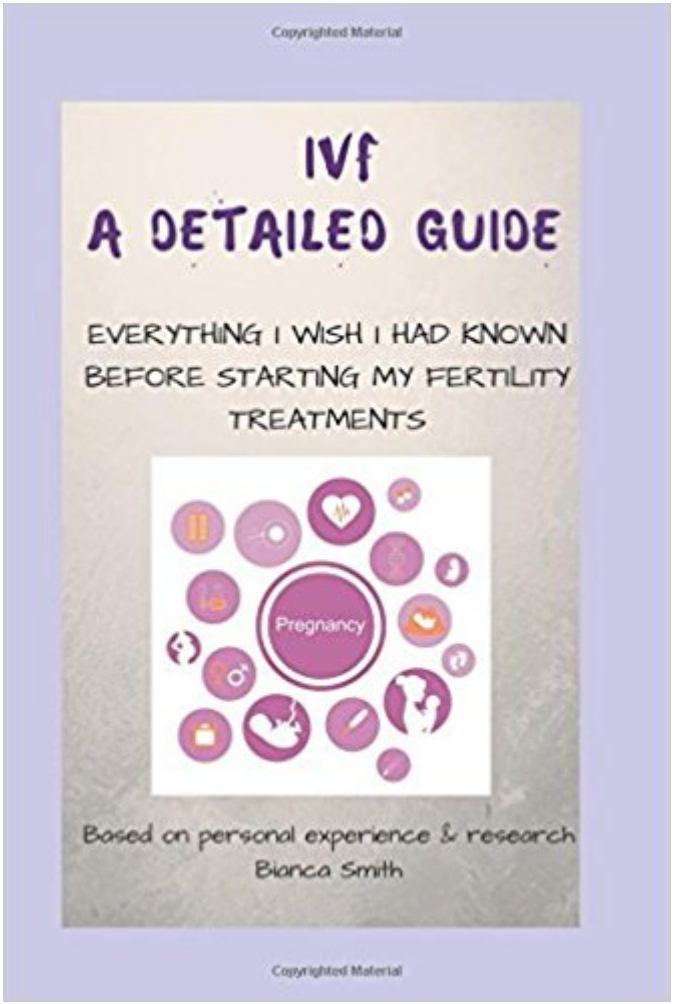
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IVF A Detailed Guide: Everything I Wish I Had Known Before Starting My Fertility Treatments



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Synopsis

This book is a compilation of beneficial information on trying to conceive with fertility treatments, specifically invitro fertilisation and will guide you step-by-step on a journey through: The things to consider and the tests to do before deciding that you need fertility treatments, What you could expect at your initial fertility consultation, Tips on how to choose the clinic thatÃ¢â ¬â„¢s right for you, The stages of a standard IVF, frozen and natural cycle, Suggested activities during your 2-week-wait, Additional genetic tests to consider after repeated implantation failures or miscarriages, Finding an IVF support group where you will feel comfortable as well as explanations of the many abbreviations used within them, Notes on alternative treatments to support IVF, such as acupuncture and fertility massage, Advice on how to keep it together when the hormonal medication is trying to drag you down, Fertility friendly recipes and a collection of 125 valuable tips on everything from administering shots, to maintaining your relationship, nutrition and much more Ã¢â ¬â œ both lovingly put together by another IVF veteran, Rachel Campbell of Sprout & Co. Bianca Smith has undergone 8 IVF embryo transfers using her own and donor eggs. Amongst other supporting procedures, she has had a hysteroscopy, laparoscopy, intralipid infusions, endo scratch, embryo glue, assisted hatching, and embryoscope, all of which she describes in detail, including what they are, who should have them and what they involve. All the information in this IVF guide is based on BiancaÃ¢â ¬â„¢s personal research, experience and interviews with other women who are or have been through fertility treatments. It is does not claim to have any medical endorsement, but is written in a casual, Ã¢â ¬Ëœgirlfriend to girlfriendÃ¢â ¬â„¢ manner, and will be a great pocket companion throughout your IVF journey. From the authorÃ¢â ¬Â¦ If we had known even half the things we know today, we would have been so much better prepared for what was coming. A resource book would have been a lighthouse while I sailed through the dark and so I put together this guide, to equip other individuals or couples embarking on and also still in the middle of this journey with at least the basic knowledge they need to navigate the rough seas of fertility treatments and IVF. The information in this book is only a fraction of all the information out there. All information is an attempt to bring together everything that I have learnt along the way to make life a little easier for you on your journey than it was for me and I sincerely hope it will do exactly that for you. I feel positive that with this guide, much of your initial stress in knowing where to start and what route to pursue will be eliminated.

Book Information

Paperback: 151 pages

Publisher: Independently published (December 20, 2016)
Language: English
ISBN-10: 1520131569
ISBN-13: 978-1520131566
Product Dimensions: 6 x 0.4 x 9 inches
Shipping Weight: 8.8 ounces (View shipping rates and policies)
Average Customer Review: 4.7 out of 5 stars 4 customer reviews
Best Sellers Rank: #361,964 in Books (See Top 100 in Books) #19 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Reproductive Medicine & Technology #21 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Embryology #32 inÃ Â Books > Medical Books > Basic Sciences > Embryology

Customer Reviews

Bianca has put together a comprehensive look at the ins and outs of IVF treatment, from what different treatment options consist of to tips on managing the stress of the process from other IVF veterans. This is truly a guide that can prepare you physically and emotionally for IVF. She's obviously done extensive research, yet the book is written as if you were having a conversation with your best girlfriend. It's so easy to read and follow. I also like that it includes resources for more information on various aspects of IVF, including avenues for emotional support, which is so vital for patients on this journey. I didn't do IVF, and learned a lot from reading this guide at how extensive and intense it can be. I really appreciate Bianca for putting this book together! As a fertility coach, I'm sure I'll often consult this book as a reference as I work with clients who embark on the IVF path to build their families. I look forward to recommending this guide to clients to help them on their fertility journeys.

I have been through one round of IVF and I wish I had this book prior. I found great information as I get ready for the next round. IVF is an emotional journey and this book makes it less overwhelming. Thanks Bianca!

Great read! The author is humble, authentic, informative & supportive. She's walked the road & left no stone unturned. Grateful!

I wish I would have had access to this resource before I decided to proceed with my IVF. I

appreciate that this book not only has the practical information needed to make a decision, but it also has information from those that have already gone through the IVF process. I find it helpful to hear first hand what others have experienced versus only trusting what doctors and clinics tell you. Plus I love the mixture of facts, advice and other tips Bianca provided from fertility coaches, advocates, etc. There are so many things to consider when deciding on infertility treatment options. This IVF book provides so much valuable information in one place, so you can take your time and read what others have already researched for you. In the end it is such a personal decision and has to be right for you and your circumstance. But Bianca has taken the time to bring the overwhelming process into a condensed, concise resource.

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