



Fertility, Pregnancy & Babies During COVID times

Frequently asked questions (FAQs)



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Foreword

The COVID-19 pandemic has been a difficult time for everybody especially so, for couples that have been struggling to start their own family. The uncertainty about planning for a family, fertility treatments, pregnancy and care of the new baby during this time, makes it difficult for couples to take proactive decisions regarding their fertility. Since the pandemic started, we have received a lot of queries and questions about treatments. This booklet is our attempt at compiling the questions and their answers in the form of Frequently asked questions (FAQs). I hope this puts to rest any anxieties that people trying for their families have.



Frequently Asked Questions (FAQs)

*by couples seeking
reproductive treatments*

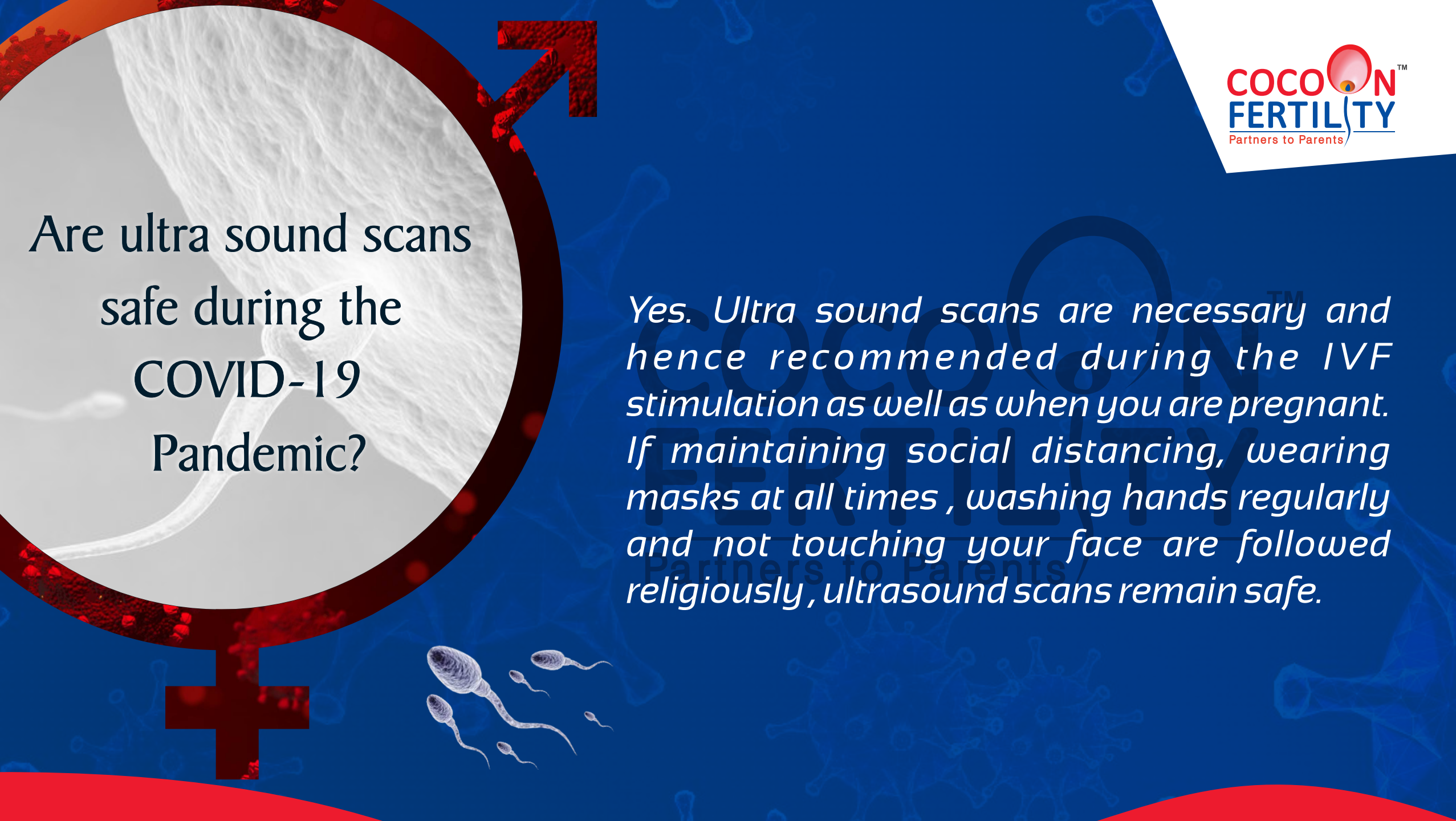
Can IVF treatments
be started during
COVID-19 period ?

Yes, IVF can be started during this period. Current research has shown that the COVID-19 virus is not found in the follicular fluid, does not stick to the sperm nor affects the embryos. Hence the chances of the transmission of the infection during the IVF process is unlikely. Standard care taken in the IVF lab is considered to be enough, therefore, it is alright to have IVF treatment even during the ongoing Pandemic.

Can fertility diagnostic procedures be done during the COVID-19 pandemic?

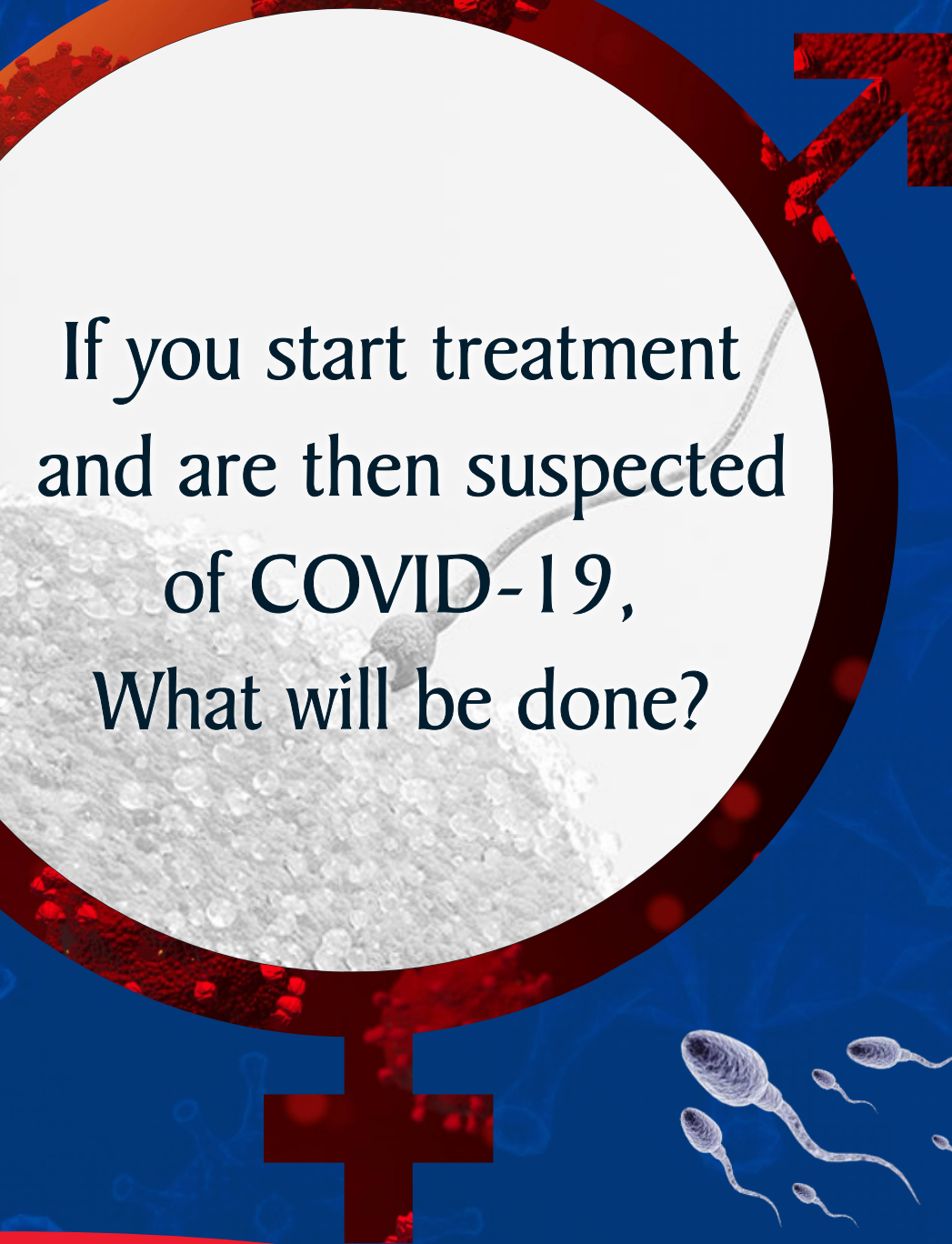
Yes. Since none of the fertility diagnostic tests increase your risk of contracting COVID-19 over the already present background risk, all fertility blood tests as well as semen analysis can be safely done during this time.

Partners to Parents



Are ultra sound scans
safe during the
COVID-19
Pandemic?

Yes. Ultra sound scans are necessary and hence recommended during the IVF stimulation as well as when you are pregnant. If maintaining social distancing, wearing masks at all times , washing hands regularly and not touching your face are followed religiously , ultrasound scans remain safe.




If you start treatment
and are then suspected
of COVID-19,
What will be done?

Test such as PCR and antibody testing will be recommended for diagnosis and a physician referral will be advised. At present there is little data on the risks of minor surgical procedures in women with a diagnosis of COVID-19. Patients who become symptomatic after egg collection have the option of freezing their embryos, so that the transfer can be done after recovery and when you have immunity to the virus.



Can COVID-19
be sexually
transmitted?

There is currently limited evidence that viral particles may be present in semen, but there is no evidence of infectivity. Hence one could continue trying naturally as well taking fertility treatments. In IVF, the process of double semen washing has been used in other RNA viruses infections like HIV, Hepatitis -C etc. to help reduce risk of transmission of infection.



Can you consider
Teleconsultation instead
of Face- to- Face
consultation?

Yes. We have offered tele and video conferencing since the pandemic started. This helps reduce the frequency and duration of visits required during fertility treatments, without compromising on safety and quality. History taking, counselling, discussions of reports etc. can all be done telephonically and do not require a clinic visit.

Will freezing egg
and embryos during
the COVID time,
still keep them safe?

Yes. Freezing of gametes or embryos can be done during the COVID pandemic times. In fact when treatment needs to be postponed because one partner has got the infection, it is recommended that we freeze eggs or embryos and continue with the treatment later. All due precautions are taken during freezing and the eggs and embryos remain safe.

When can a suspected
/confirmed case of
COVID-19
patient begin with
Fertility treatments?

You can start fertility treatments when,

- A) Once you have completed the quarantine period.*
- B) You have been discharged from the COVID doctor's care.*
- C) When your antibody test shows that you had the infection previously and are now completely cured and immune.*



Do IVF clinic visits increase our risk of COVID?

There are means and ways with which you reduce your risks of contracting the infection – Keeping physical distance, wearing masks at all times, washing hands regularly and not touching your face are basic rules to follow.

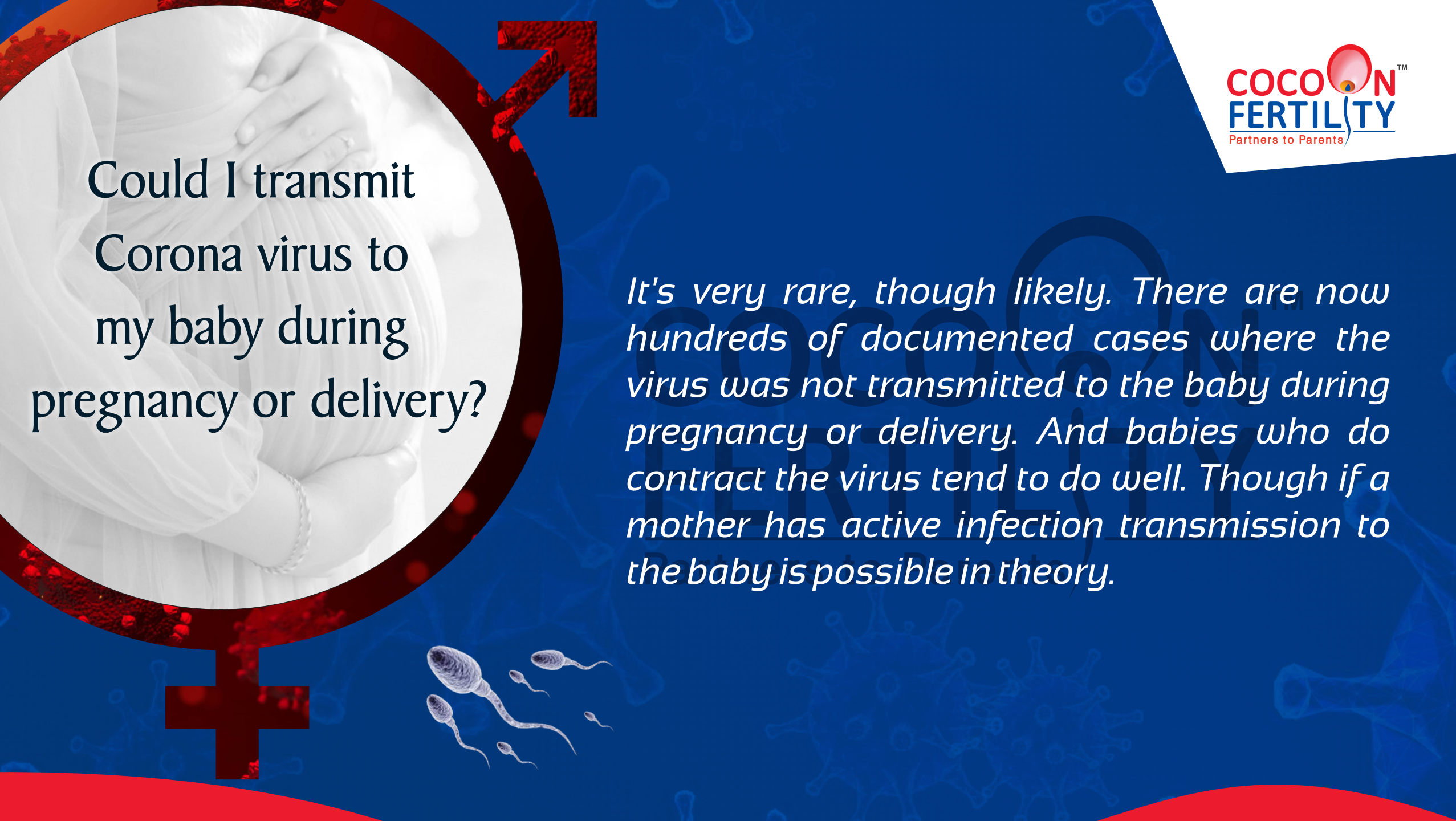
In addition to all of the above, our staff and clinic have protocols in place to reduce the risk further. Patients are screened by phone before their appointment is confirmed by taking their history and contact history.

Temperature checks, use of hand sanitizers, distanced seating arrangements and well-spaced out appointments to avoid crowding, have ensured that we have had no patient contract the infection even though we have worked during the COVID time.

COVID has become an ubiquitous infection. The risk of getting the infection remains with any and every activity. Following safety norms is very important.

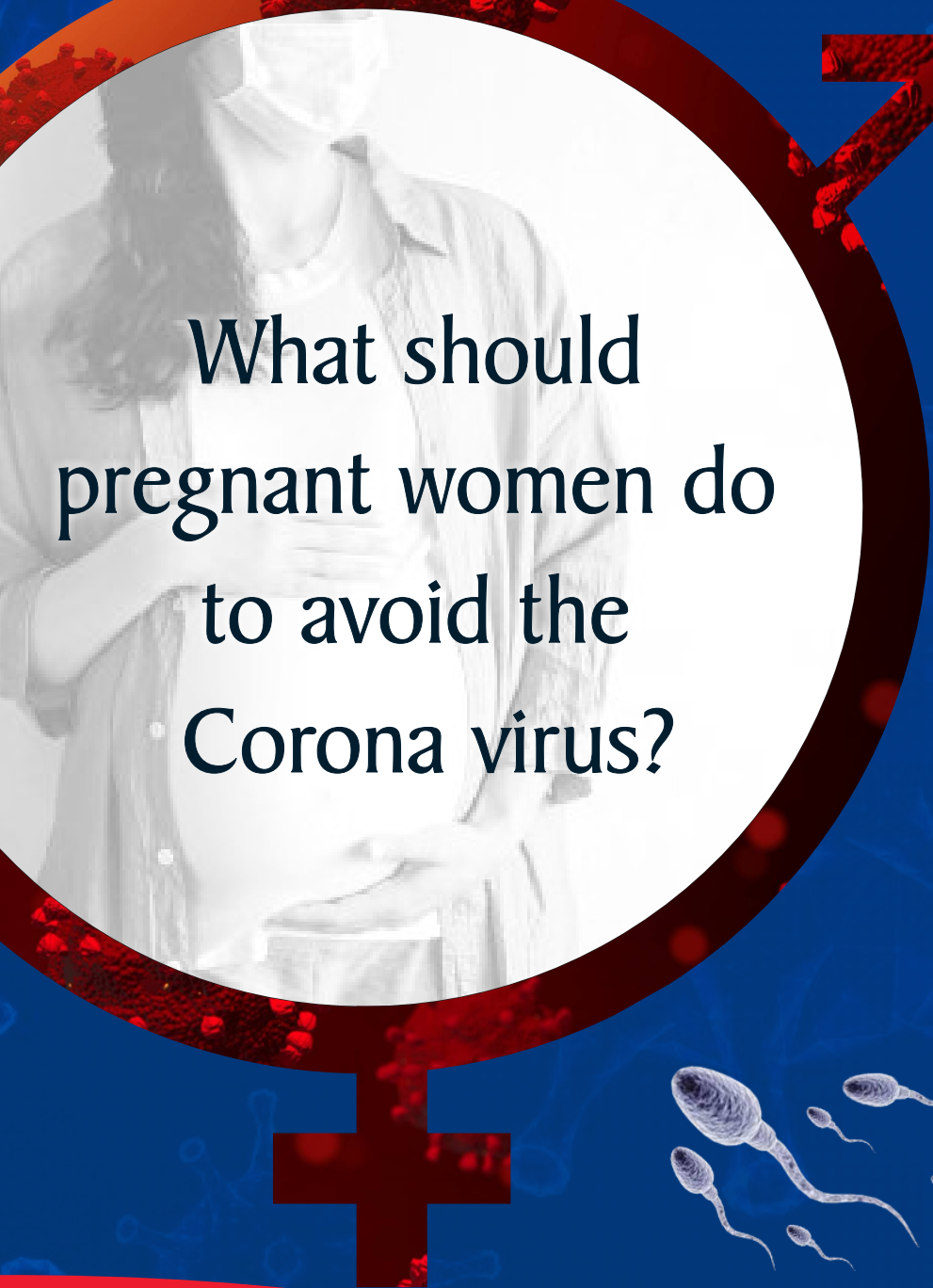
Will postponing
fertility treatment
affect my ability
to have a baby?

Where both the partners are young and no worrying cause for infertility is found, delaying fertility treatment for a month or two will not affect the chances of having a baby. On the other hand, couples with advancing ages, reduced egg reserve, endometriosis etc. should not delay their treatment at all, as every passing month will result in reduced fertility and chances of success




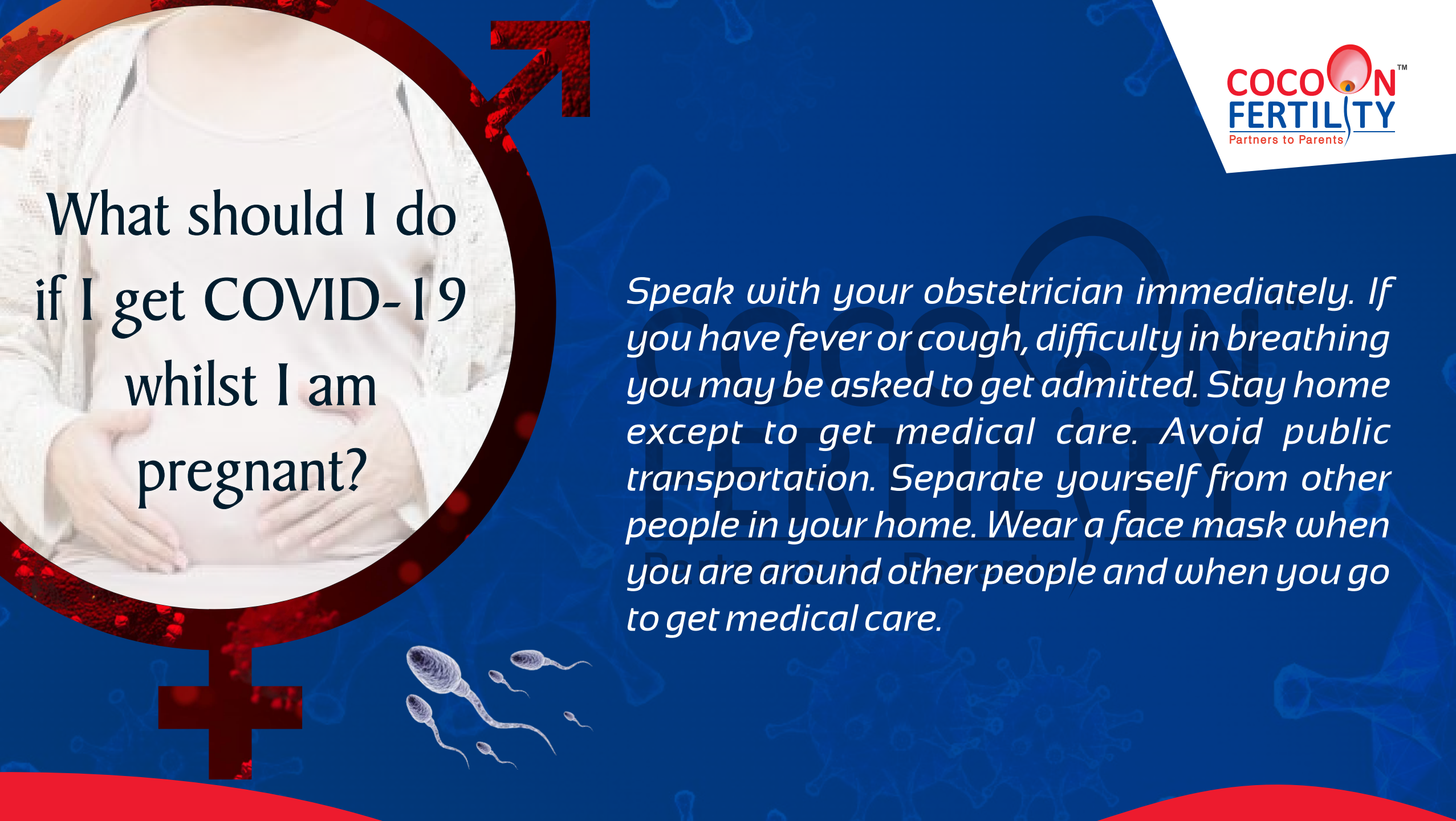
Could I transmit
Corona virus to
my baby during
pregnancy or delivery?

It's very rare, though likely. There are now hundreds of documented cases where the virus was not transmitted to the baby during pregnancy or delivery. And babies who do contract the virus tend to do well. Though if a mother has active infection transmission to the baby is possible in theory.



What should pregnant women do to avoid the Corona virus?

- *Limit contact with other people as much as possible*
 - *Stay at home as much as possible*
 - *Stay at least 6 feet away from other people if you need to go out*
 - *Wear a mask in public*
 - *Wash hands often with soap and water for at least 20 seconds*
 - *Clean` hands with a hand sanitizer that contains at least 60 percent alcohol if you can't wash them (rub until your hands feel dry)*
 - *Avoiding touching your eyes, nose, and mouth*
 - *Having a good stock of essential supplies, including at least 30 days of any medications (so you don't have to go out as often)*
- 



What should I do
if I get COVID-19
whilst I am
pregnant?

Speak with your obstetrician immediately. If you have fever or cough, difficulty in breathing you may be asked to get admitted. Stay home except to get medical care. Avoid public transportation. Separate yourself from other people in your home. Wear a face mask when you are around other people and when you go to get medical care.

Should I make any changes to my labor and delivery plans?
Do I need a Caserean section during this pandemic time?

In most cases, the timing and method of delivery (vaginal birth or cesarean birth) do not need to be changed. The safest place for you to give birth is a hospital where appropriate care plans and precautions will be in place.

Caserean section is not needed for COVID-19. Your mode of delivery is not affected by your infection status.

Are there any chances of virus passing through milk during breastfeeding?

- *Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. So far there is no evidence that the Virus can be transmitted through breast milk. However, the mother is expected to take the necessary general precautions.*
- *Before breastfeeding the baby, the mother is expected to wash her hands thoroughly*
- *Using a face mask is a must.*
- *Wash your hands before each feeding.*
- *If you are sick, you can choose to express breast milk or feed the baby formula milk.*
- *Wash hands before touching any pump or bottle parts and before expressing breast milk.*

If I do get COVID-19,
how can I avoid
passing
it to my baby?

- *Use a face mask when holding your baby, including during feeding. Do not put a mask or covering over the baby's face.*
- *Wash your hands before touching your baby.*
- *Wash your hands before touching any breast pump or bottle parts and clean all pump and bottle parts after use.*
- *If possible, let someone who is healthy help care for your newborn until you are cured and have developed immunity.*

Our Services

Fertility Evaluation

- Ovarian reserve testing
- Ovulation tracking
- Ultrasound Scanning
- Hormonal Analysis
- Semen Analysis
- Tubal Testing

Embryology Procedures

- Blastocyst culture Laser assisted hatching Laser assisted ICSI
- IVM

Special Scenarios

- Poor responder's IVF
- Minimal stimulation IVF Recurrent implantation failure
- Recurrent miscarriage™

Fertility Preservation

- Cancer patients
- Social reasons

Reproductive Surgery

- Laparoscopy
- Hysteroscopy

Reproductive Treatments

- IVF, ICSI, IUI
- Ovulation induction
- Male procedures like PESA/TESA

Freezing Services

- Embryos,
- Eggs and Sperm

Third Party Reproduction

- Surrogacy
- Donor egg / Sperm

Counselling Services



To Book appointments call 022 7123 7070



Thane | Santa Cruz | Andheri | Pune | Jalgaon

- References:
- REVIEW A compendium answering 150 questions on COVID-19 and SARS-CoV-2 (Wiley)
- The Association of Reproductive and Clinical Scientists (ARCS) and British Fertility Society (BFS) U.K. best practice guidelines for reintroduction of routine fertility treatments during the COVID-19 pandemic.
- BFS, Position statement, June 2020.



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