

*Continent leader in the field of fertility*

1st test tube baby in South Africa (1984)

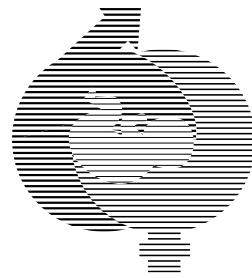
1st frozen embryo pregnancy in South Africa (1988)

1st blastocyst freezing baby in South Africa (2005)

Centre of excellence for endometriosis and fertility

World-renowned gynaecological endoscopic unit

Leader in the field of male infertility



# Aevitas

Fertility Clinic • Cape Town

International patient information booklet



*"Start your family with people who care"*

# Welcome

Aevitas Fertility Clinic is a progressive, innovative and research-orientated facility, dedicated to the treatment of human infertility. We are based at Vincent Pallotti Hospital, Pinelands, Cape Town, South Africa. The clinic is a 10min drive from beautiful tourist attractions, such as Table Mountain, Castle of Good Hope, V&A Waterfront and a buzzing scene of restaurants.

We offer our patients the latest industry knowledge and the most advanced technologies in the world, encapsulated in a genuinely caring environment with a dedicated staff compliment.

## Fertility Specialists



**Prof Igno Siebert**



**Prof Thinus Kruger**



**Dr Victor Hulme**



**Dr Gerhard Hanekom**

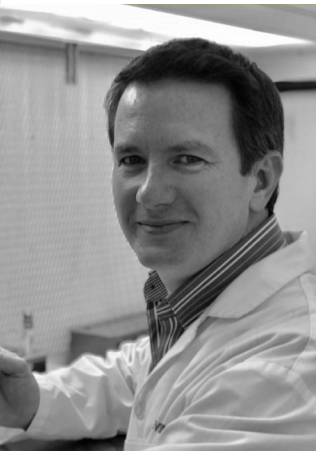
*Internationally recognised for his gynaecological endoscopic skills, with a special interest in PCOS.*

*World recognised for his work in the field of IVF and male infertility.*

*Passionate about IVF, with a special interest in 'egg preservation'.*

*Expert laparoscopic- and endometriosis surgeon and mentor of the European (GESEA) endoscopic training program.*

# Embryologists



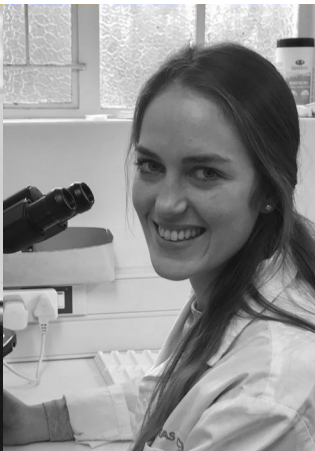
**Greg Tinney**  
(Head of Laboratory)



**Nicole Lans**



**Cheree Traits**



**Emma Ashley**



**Cheyenne Steyn**

## Nursing Sisters

## Supporting Staff



**Liana Zonneveld**



**Sanet Botha**



**Annalize Mans**



**Tersia Fourie**



**Siboma Noku**



**Josie Perifort**



**Gladys**

## Reception

## Accounts



**Maureen**



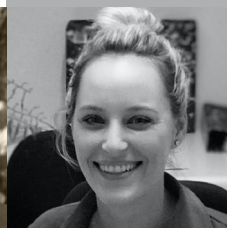
**Glenda**



**Laurette**



**Rosalind**



**Monique**



**Retha**



**Shantelle**

# Counselling

We know the journey of fertility is often one filled with emotions and therefore we work closely with a team of psychologists. Should you wish to be referred, you are more than welcome to enquire with us.

## Fertility treatment options

Treatment options	Indication	Process
<b>Ovulation Induction</b>	<ul style="list-style-type: none"><li>• Female partner does not ovulate</li><li>• Female partner diagnosed with PCOS.</li><li>• Younger couples with normal male fertility.</li></ul>	Clomid or Femara tablets are often used to stimulate ovulation. Tablets are taken from day 3 – 7. Ultra-sound scan and blood tests (LH hormone) is performed on day 11 / 12. Blood tests are continued daily until LH levels have peaked (average 5 days), which would require a 30min visit to our clinic.
<b>AI (Artificial insemination) / IUI (Intra-Uterine Insemination)</b>	<ul style="list-style-type: none"><li>• Male sexual disfunction</li><li>• Use of donor sperm</li><li>• Poor quality female cervical mucus</li><li>• Single women</li><li>• Same sex female couples</li></ul>	Clomid or Femara tablets are often used to stimulate ovulation. Tablets are taken from day 3 – 7. Ultra-sound scan and blood tests (LH hormone) is performed on day 11 / 12. Blood tests are continued daily until LH levels have peaked (average 5 days), which would require a 30min visit to our clinic. Usually ovulation is then induced with an HCG injection. The insemination will take place 24 – 36 hours after the injection. Artificial Insemination is an office procedure, which takes 10minutes.
<b>ICSI/IVF</b>	<ul style="list-style-type: none"><li>• Unexplained infertility</li><li>• Other treatment such as IUI have been unsuccessful</li><li>• Male sub-fertility (ICSI is recommended in more severe male infertility)</li></ul>	<p>In vitro fertilisation (IVF) is the most commonly used of the assisted reproductive technologies (ART). IVF literally means “fertilisation in glass” (referring to the test tube, which is where the term “test tube baby” comes from). During IVF, eggs are collected from the ovaries and fertilised in the laboratory with sperm. After a number of days, the fertilised eggs (embryos) are transferred to the female patient’s womb to develop and grow.</p> <p>Medication (injections) will commence on day 3. First ultra-sound is performed on day 3 and another on day 8 and 10. On average oocyte aspiration takes place on day 13/14. Embryo transfer (ET) then takes place 3 – 5 days after oocyte aspiration. A pregnancy test is performed 10 days later.</p> <p>If fertilisation of the egg is unsuccessful, ICSI (a specialised laboratory technique) can be used. During ICSI, a single sperm is injected with a micro-needle directly into the egg. The sperm must then perform biological processes to fertilise the egg.</p>

Treatment options	Indication	Process
<b>Making use of sperm/egg donors</b>	<ul style="list-style-type: none"> <li>Poor quality/quantity or the absence of sperm or egg</li> <li>Same sex couples</li> </ul>	Aevitas can assist with providing prestigious sperm or egg donors from either inhouse or through a collaborating donor agency. Donors are carefully matched with recipients through assistance of our embryologists and physicians.
<b>Surrogacy</b>	<ul style="list-style-type: none"> <li>Intended mother has no uterus or she has an abnormal uterus or disease preventing her from carrying a baby of her own</li> </ul>	<p>During gestational surrogacy, an embryo created from the biological mother's egg and father's sperm is transferred into the uterus of the gestational carrier, who then carries and delivers the baby.</p> <p>Anyone interested in surrogacy can consult with one of the physicians. The consultation can take place either telephonically/skype or in person. Our clinic works closely with a legal team who specialises in fertility law. They will be able to advise on the laws of your own country, pertaining to surrogacy in South Africa.</p>
<b>Gynaecological endoscopic surgery / Treatment for conditions causing infertility</b>	<ul style="list-style-type: none"> <li>Endometriosis</li> <li>Fibroids</li> <li>Asherman's Syndrome and repair of uterine septa</li> <li>Female sterilisation</li> <li>Fallopian tube damage</li> <li>Previous surgery which caused adhesions.</li> </ul>	<p>Endoscopic surgery is performed under general anaesthetic and includes hysteroscopy and laparoscopy.</p> <p>Hysteroscopy involves passing a telescope into the uterine cavity through the vagina and the cervix. It is used to inspect the condition of the uterus from within. This is a 30min procedure done in Aevitas' day clinic under conscious sedation.</p> <p>Laparoscopy involves an inspection of the pelvic organs by a telescope passed through a tiny incision at the navel. Separate small incisions at the level of the hip bones are used to introduce probes to manipulate the pelvic organs and perform the surgery. This is performed in Life Vincent Pallotti hospital theatre, with a ½ - 1 day hospitalisation and a recovery period of 24 – 48 hours.</p>

## Costs

**New patient consultation fee (inclusive of a scan):**

**R 2120**

### Treatment

Costs can only be discussed after your consultation with an Aevitas fertility specialist, once we know which treatment option will be most suitable for you. An IVF cycle costs approximately +/- R 49 000 (excluding medication). Additional costs might apply as part of an IVF cycle, depending on your treatment requirements, and could include: semen analysis, semen freezing, donor sperm, donor eggs and freezing of embryos.



# Planning your visit to Aevitas Fertility Clinic

## **Contact us**

Contact our clinic and request a skype/telephone consultation with one of our doctors, as well as the recommended tests to be performed prior to the consultation.

Visit your local gynaecologist to perform the recommended tests (e.g. pap smear, blood tests) and a full physical examination. The results will be assessed by an Aevitas physician.

## **Skype / telephone consultation**

During the skype / telephone consultation, an Aevitas physician will discuss your medical history and test results performed by your local gynaecologist. Based on this information, a treatment plan will be recommended.

## **IVF / ICSI**

Patients arrive at the clinic on day 8 of their cycle and will be required to stay in Cape Town for 10 – 14 days. Patients can fly home locally or internationally without impact on pregnancy outcome. A pregnancy test (blood test) is performed 10 days after embryo transfer, in your home country, and results are communicated to your Aevitas physician.

## **Surgery**

For extensive endometriosis surgery, the patient will consult with the surgeon the day before surgery and can leave Cape Town 5 days post-operatively, after a post-operative consultation.

# Accommodation

The following options come recommended, however Aevitas Fertility Clinic is not affiliated with any of the accommodation options:

- **Affordable Accommodation**

If you are looking for affordable accommodation in Cape Town, which ranges from private self-catering apartments, garden flats, studios and small houses contact Kim Gray Giancane:

**Phone:** +27 72 265 9900

**E-mail:** graymoon@telkomsa.net

Kim can be of assistance with accommodation, transport, transfers, care giving and support.

- **Rosedale Guest Suite**

For a Self-Catering Unit in Pinelands contact Ken and Maureen

**Phone:** +27 21 531 3752 / +27 73 607 5166

**E-mail:** Ken.gillham@telkomsa.net

**Website:** www.rosedaleguestsuite.co.za

- **5th Avenue Lodge**

5th Avenue Lodge is situated in Rondebosch.

**Phone:** +27 21 696 8514

**E-mail:** info@5thavenuelodge.co.za

**Website:** www.5thavenuelodge.co.za

- **Surgical Bliss**

Packages according to your needs and budget.

**Phone:** +27 82 857 4414

**E-mail:** denise@surgicalbliss.com

**Website:** www.surgicalbliss.com



# Interpreting services

Our Fertility Specialists and staff are fluent in English and Afrikaans. If an interpreter is required, we can assist to arrange. However, interpreter fees will be an additional cost. Please contact us for inquiries.

## To Schedule an appointment

You are welcome to contact our receptionists for more information, to request a skype consultation or a consultation at our clinic:

**Tel:** +27 21 531 6999

**E-mail:** [info@aevitas.co.za](mailto:info@aevitas.co.za)

**Online contact form:**

<http://www.aevitasfertilityclinic.co.za/schedule-an-appointment/>



*Aevitas looks forward to embarking  
on this journey with you!*