

In Vitro Fertilization (IVF) and Infertility Resources

What is IVF (In vitro fertilization)?

IVF is one of the most common services offered by reproductive fertility clinics to treat fertility problems. IVF is a series of procedures that can be used to help you become pregnant.

During IVF, the eggs and sperm are brought together in a lab to allow the sperm to fertilize an egg. This can be done using a combination of your own eggs and sperm, or donor eggs and sperm.

After IVF, one or more fertilized eggs (embryos) are placed in the uterus. Any embryos implanted in the uterus may result in pregnancy and the birth of one or more babies.

Why do IVF?

IVF may be a treatment choice for male or female infertility, or both. It is also an option if infertility can't be explained or if other infertility options have not worked.

Reasons to do IVF include:

- Missing or blocked fallopian tubes
- Severe endometriosis
- Low sperm count, motility, or shape
- A low number of eggs
- Irregular menstrual periods or problems with releasing an egg (ovulation)

Other reasons to choose IVF may include:

- Intrauterine insemination (IUI) was not effective
- Reverse surgery for a tubal ligation (having your "tubes tied") was not effective
- Plan to use donor eggs or sperm
- Desire to test for inherited disorders before embryos are transferred
- Plan to have someone else carry the baby (use a surrogate)

How is IVF done?

IVF is done in stages over several weeks. These include:

- Ovarian stimulation which often includes hormone treatment
- Egg retrieval
- Sperm collection
- Fertilization where eggs and sperm are placed in a dish for fertilization.

Is IVF effective?

The number of people who have babies after IVF varies. Success depends on different things, such as:

- Age
- Cause of infertility
- Pregnancy history
- Eggs
- Type of embryos (fresh or frozen)

How much does IVF cost?

IVF is usually not covered by insurance in Minnesota, but check with your insurance provider. Out of pocket costs can start at \$12,000 depending on where you go and what services are needed.

IVF is one treatment option but specialty fertility clinics all provide assessment and may offer other treatment options. They will provide details about their services and rates of success. Clinics will also give you specific cost estimates along with any payment plan options they offer.

Infertility resources

The following specialty clinics provide a range of care and treatment services to help you manage your reproductive needs. These resources are not a referral but intended for informational purposes. Be sure to check with your health insurance provider to see what services and clinics your specific insurance plan covers.

Male infertility

- **Park Nicollet Sexual Medicine & Male Infertility**

Park Nicollet Clinic—Creekside
6600 Excelsior Boulevard, Suite 181
St. Louis Park, MN 55426
952-993-2786

Infertility clinics

- **Center for Reproductive Medicine & Advanced Reproductive Technologies**

612-863-6137
ivfminnesota.com

- » Midtown Medical Building
2828 Chicago Avenue South, Suite 400
Minneapolis, MN 55407
- » Stonebridge Office Building
991 Sibley Memorial Highway, Suite 100
St. Paul, MN 55118

- **Colorado Center for Reproductive Medicine (CCRM)—Minneapolis**

6565 France Avenue South, Suite 400
Edina, MN 55435
952-225-1630
ccrmmn.com

- **Reproductive Medicine & Infertility Associates**

651-222-6050
rmia.com

- » 3625 West 65th Street, Suite 200
Edina, MN 55435
- » 2101 Woodwinds Drive, Suite 100
Woodbury, MN 55125

