

# Selecting a Treatment

Once your assessment is complete, a doctor will explain your diagnosis and describe the types of treatment that are appropriate for your condition. You may have several possible options for treatment, or your options may be very limited. This depends on your unique situation. But in all cases the decision about treatment is made by you.

When preparing to make a decision, it is a good idea to gather information about the pros and cons of the available options. You can use the information in this booklet, and also get information from other trusted sources. Make a list of any questions you want to ask when you meet a fertility specialist.

## PROS AND CONS OF TREATMENT

Treatment	Appropriate for	Pros	Cons
<b>Ovulation induction with clomiphene or letrozole</b>	<ul style="list-style-type: none"> <li>Ovulatory disorders such as polycystic ovary syndrome (PCOS)</li> <li>Unexplained infertility</li> </ul>	<ul style="list-style-type: none"> <li>low cost</li> <li>minimally invasive</li> <li>effective in ovulation disorders</li> </ul>	<ul style="list-style-type: none"> <li>less effective in unexplained infertility</li> <li>higher likelihood of multiple pregnancy</li> </ul>
<b>Intrauterine insemination (IUI)</b>	<ul style="list-style-type: none"> <li>Unexplained infertility</li> <li>Mild male factor infertility</li> <li>Mild endometriosis</li> </ul>	<ul style="list-style-type: none"> <li>higher likelihood of pregnancy than medication alone</li> <li>less expensive and less invasive than IVF</li> </ul>	<ul style="list-style-type: none"> <li>less effective treatment than IVF for most conditions</li> <li>more invasive than medication alone</li> <li>higher likelihood of multiple pregnancy</li> <li>may require travel due to distance and access to specialists</li> </ul>
<b>Donor insemination</b>	<ul style="list-style-type: none"> <li>Previous vasectomy</li> <li>Male factor infertility</li> <li>Same sex couples</li> <li>Single women</li> </ul>	<ul style="list-style-type: none"> <li>lower cost than advanced treatment such as IVF</li> <li>safe</li> <li>effective</li> </ul>	<ul style="list-style-type: none"> <li>some couples have moral, religious or ethical concerns</li> </ul>
<b>Superovulation / Intrauterine insemination (IUI)</b>	<ul style="list-style-type: none"> <li>Ovulatory disorders</li> <li>Unexplained infertility</li> </ul>	<ul style="list-style-type: none"> <li>can be effective if oral medications did not result in ovulation or pregnancy</li> <li>higher chance of pregnancy than oral medications</li> </ul>	<ul style="list-style-type: none"> <li>more costly than oral medication</li> <li>requires self-administered injections</li> <li>requires frequent blood test and ultrasound monitoring</li> <li>higher risk of multiple pregnancy (including high order multiples)</li> </ul>

Treatment	Appropriate for	Pros	Cons
<b>In vitro fertilization (IVF)</b>	<ul style="list-style-type: none"> <li>• Tubal disease</li> <li>• Male factor</li> <li>• Unexplained</li> <li>• Endometriosis</li> <li>• Ovulatory disorders</li> <li>• Age-related</li> </ul>	<ul style="list-style-type: none"> <li>• most effective treatment for many patients</li> <li>• higher likelihood of pregnancy than previous treatments</li> <li>• considered the state of the art medical treatment</li> <li>• option to lower risk of multiple pregnancy through single embryo transfer</li> </ul>	<ul style="list-style-type: none"> <li>• costly</li> <li>• invasive</li> <li>• higher risk of complications</li> <li>• some people have ethical or religious objections</li> <li>• less available due to distance and access to specialists</li> <li>• if more than one embryo transferred, risk of multiple pregnancy is high</li> </ul>

Your personal feelings are just as important as the medical facts. Take time to discuss and think about what matters most to you in this situation, and make it part of your decision-making process.

How do you feel about this statement... (circle a number at right) '0' means it is <b>not</b> important to you. '5' means it is <b>very</b> important to you.	Do not agree				Agree		
Having a child is very important to me	0	1	2		3	4	5
Having a biological child is very important to me	0	1	2		3	4	5
I am concerned about the cost of fertility treatment	0	1	2		3	4	5
I can handle the stress of treatment	0	1	2		3	4	5
I do not want to go through treatment that might not be successful	0	1	2		3	4	5
I want to avoid invasive treatment	0	1	2		3	4	5
I have ethical concerns about medical intervention in conception	0	1	2		3	4	5
Other:	0	1	2		3	4	5

### Questions to ask my doctor: