

# IVF GLOSSARY OF TERMS

**Knowledge is Powerful on the Path to Conception  
More Knowledge. More Empowered. More Successful.**

Assisted Reproduction can be a foreign language when you find yourself in this world. Here we share some of the more common vocabulary you may encounter as you walk this path.

**AR:** Assisted Reproduction Technology: This is the technology or process, which encompasses fertility treatments. It involves the use of male sperm and female eggs and removing these from the body of the male and the female and putting them in contact with each other that an embryo/s may result. Thereafter any resulting embryos/s are placed back into the body of the female.

**IVF:** In Vitro Fertilisation is the process by which sperm and an egg/s are combined outside the body in a laboratory. The egg donation process makes use of IVF.

**ER:** Egg Retrieval is the process by which the eggs (ovum) are retrieved the follicles in the ovaries.

**A blastocyte:** is the structure of cells that have divided after being left to develop for about 5 or 6 days after fertilisation. This stage precedes the blastocytes development into an ambryo.

**An Embryo:** the result of a sperm cell fertilising an egg cell resulting in an embryo by about day 5 after fertilisation. It is the early stage of human development.

**ET:** Embryo Transfer is the process by which resulting embryos (after fertilisation) are placed into the uterus for hopeful implantation.

## Knowledge is Powerful on the Path to Conception More Knowledge. More Empowered. More Successful.

**Immature Eggs:** An egg retrieved from the follicles (which sit in the ovary/ies) which has failed to divide (replicate itself) and as such does not contain all chromosomes.

**ICSI:** Intracytoplasmic Sperm Injection is the process whereby a single sperm cell is injected directly into a mature egg cell in order to facilitate fertilisation.

**PGD/PGS:** Pre-implantation Genetic Diagnosis/Pre-implantation Genetic Screening is where an embryo is screened according to their chromosomes. Missing chromosomes and gene defects resulting in potential genetic defects may be checked. PGD can also confirm the sex of an embryo.

**FSH:** Follicle Stimulating Hormone: is a hormone that regulates the growth and maturation of egg cells. FSH levels are ascertained via a blood test and a high FSH reading; over 15 mIU/ml indicates a better level of fertility than higher levels.

**AMH:** Anti-Müllerian hormone levels assist in estimating the number of follicles inside the ovaries, ie, egg quantity. Low levels of AMH are indicative of a diminished ovarian reserve. An AMH under 1.0 ng/ml is considered low.

**Follicle:** An Ovarian Follicle is a sac situated in the ovary/ies that contains one or more eggs. Several follicles may develop during an IVF stimulated cycle where the aim is to retrieve more than one mature egg (usually about 15 are retrieved.)

**Andral Follicle Count:** a Basal Andral Follicle Count is a trans-vaginal ultrasound, which reflects a woman's ovarian reserve/ quantity of eggs and thereby gives an indication of her fertility potential.

**Lining Scan:** A scan that measures the thickness of the uterine wall before an embryo transfer in order to optimise the chances of an embryo implantation. A 7mm to 8mm lining and not less than this is ideal.