



WELCOME TO NYU LANGONE FERTILITY CENTER

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WELCOME SATELLITE PATIENTS

Welcome to NYU Langone Fertility Center! We look forward to providing the same excellent level of care you receive from your referring physician. During your cycle, your physician is responsible for all medical decisions and will direct all aspects of your care – including your medications, monitoring, and the selection of your treatment protocol. These services are referred to as Phase One of your treatment. If at any time you have questions about your care, please contact your physician directly. NYULFC will be providing Phase Two, which includes your retrieval and/or transfer and services only related to those procedures.

CHECKLIST FOR GETTING STARTED

Your physician's office has already contacted us to set up a phone consult and to request a reservation for your procedure, and provided us with basic information to begin a patient chart for you. There is a list of required tests and examinations that must be completed and reviewed by your physician before steps can be taken here at NYULFC. These include:

- Your physician requests a reservation for you
- Your physician confirms all required tests and examinations (for you – and your partner, if applicable) have been completed
- Your physician confirms all consent forms are signed
- If applicable, frozen or donor sperm is onsite at NYULFC
- You have contacted NYULFC Billing and received authorization to proceed
- NYULFC confirms all consent forms and policies are signed
- You have made payment to NYULFC

When all of these items have been completed, your physician will begin your treatment cycle.

IMPORTANT NUMBERS

NYU Langone Fertility Center(212) 263-8990
NYU Langone Fertility Center Billing.....(212) 263-8647

Procedure Authorizations

Nati Marte.....(212) 263-0392
Joanne Healy(212) 263-0037
Vicki Salinas.....(212) 263-0375
Michelle Headley(212) 263-2707
Blanca Remache(212) 263-6175

FINANCIAL INFORMATION

We want to make sure you are fully informed of the anticipated costs and payments required before you begin treatment. In some cases, treatment plans may change due to patient response to medications or other factors. You will be advised of additional fees as the billing staff is made aware of changes or additions to your care plan.

You will be contacted by our billing department to determine what services in Phase Two are covered. We will review any insurance benefits you may have, discuss the fees for your service, and review our financial and payment policies. Financial Verification can be done over the phone. Verification ensures you have a full understanding of the charges, payment due dates, and billing process for NYULFC. All patients must sign our financial policy prior to beginning medications. *Please contact the phone number listed in the Important Numbers section on Page 2.*

INSURANCE AUTHORIZATIONS

You will be in contact with one of our authorization specialists who will assist you in understanding your insurance benefits and authorization requirements for the procedure. NYULFC participates in the following insurance programs/benefit managers:

- Aetna
- Cigna
- Empire Blue Cross and Blue Shield
- OptumHealth
- Oxford (selected plans)
- Progyny
- United HealthCare
- United HealthCare's Empire Plan as a Center of Excellence for Infertility Treatment

Non-participating insurers may require authorization as well, although you will be considered self-pay. *Please contact one of the phone numbers listed in the Important Numbers section on Page 2..*

SELF-PAY PATIENTS

Self-pay patients are those who:

- Lack insurance or have insurance with which we do not participate
- Have insurance without advanced infertility benefits
- Have exhausted their infertility or other applicable benefits
- Undergo any procedure that is excluded/not covered by their benefit plan
- Do not meet the carriers' coverage criteria for age, hormone levels or previous treatment history
- Have an insurance plan that does not recognize NYU Langone Fertility Center as in-network

PAYMENT FOR SERVICES

Phase One payments are for the services you receive from your physician for your cycle. Phase Two payment includes services received at NYULFC for a standard IVF or EF cycle and include embryology services, embryo biopsy (not genetics laboratory), retrieval and/or transfer.

NYU Langone Fertility Center Phase Two payment is due on Day 2 of your treatment cycle. We accept American Express, Master Card, Visa, and personal checks for payment. You may provide us with payment information over the phone by contacting Billing Services at (212) 263-8647. We utilize the services of a call center when call volume is high or staff are assisting other patients. Please leave a message and we will contact you within one business day.

Additional fees will be charged for services provided by NYU Langone Anesthesia Associates, storage of specimens at NYULFC through Embryo Options (registration required), and any additional services specific to your cycle, such as embryo biopsy, genetic testing, ICSI, etc. The following list highlights services that are not included in either Phase One or Phase Two costs. You will be billed accordingly for these services that are frequently utilized during an IVF/EF cycle. Payment is due at the time of service.

- Anesthesia for Retrieval and/or Transfer (provided by NYU Langone Anesthesia Associates)
- Preimplantation Genetic Diagnosis (PGD)/ Preimplantation Genetic Screening (PGS)*
- Trophectoderm Biopsy for PGD and PGS
- Additional sperm cryostorage (billed every six months by Embryo Options)
- Additional egg or embryo cryostorage (billed annually by Embryo Options)
- Wellness services (Yoga, Nutrition Counseling, Acupuncture, etc.)
- Psychological counseling session(s)
- Administrative fee – Carrier cases/Donor Egg
- Non-covered, excluded, or experimental services as determined by your benefit plan
- Outside genetic testing/processing at CooperGenomics
- Medications
- Medical services outside of the IVF treatment cycle

**PGD/PGS fees come from 2 sources: NYULFC for embryo biopsy and CooperGenomics*

MEET OUR PHYSICIANS

Since 1992, NYU Langone Fertility Center and its staff have provided comprehensive treatment for patients diagnosed with infertility or undergoing fertility cryopreservation cycles. Our experienced, board-certified physicians are recognized leaders in the field of reproductive technologies and combined have performed over 25,000 egg retrievals.



Dr. James Grifo



Dr. M. Elizabeth Fino



Dr. Alan Berkeley



Dr. Brooke Hodes-Wertz



Dr. Frederick Licciardi



Dr. Shannon DeVore



Dr. David Keefe



Dr. Lisa Kump-Cecchio

NYU Langone Fertility Center

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We are a group practice and all physicians perform procedures according to a pre-determined daily schedule. If your procedure (either retrieval or transfer) falls on a Tuesday, your procedure will be performed by the doctor assigned to that Tuesday.

MEET OUR FELLOWS

Fellows are post-graduate licensed gynecologists in the Reproductive Endocrinology and Infertility subspecialty training program at NYULFC. They provide clinical care (supervised by our attending physicians) and respond to on-call emergencies. Fellows are not assigned to perform retrievals or transfers, but may assist under the direct supervision of the attending physician.



Jennifer Blakemore, MD



Nicole Yoder, MD



Jacquelyn Shaw, MD

ANESTHESIA EVALUATION

Because egg retrievals are performed with monitored anesthesia care, we must ensure the patient's safety and in some instances, we require an anesthesia clearance. Patients with a weight greater than 200 lbs. and/or a BMI indicating obesity or those who have an illness that may compromise the airway or ability to breathe easily while under sedation must be examined by our anesthesiologist. The anesthesiologist may require a letter of clearance from your doctor for certain diseases that may impact the procedure. This clearance must occur prior to starting medications and is scheduled by appointment at our office at 660 First Avenue, 5th Floor, New York, NY 10016.

If the anesthesiologist concludes that there are adverse patient conditions, the patient will NOT be cleared for anesthesia. A patient who does not have anesthesia clearance may discuss canceling the procedure with their physician or alternatively, undergo the egg retrieval without anesthesia. Your physician will advise you accordingly.

SPERM SPECIMENS

If your treatment cycle will include an embryo transfer, arrangements for having a sperm sample onsite at NYULFC need to be made prior to starting your medications. Donor sperm specimens must be in the NYULFC laboratory before you start your medications. Please advise the NYULFC physician at your consult if you are using frozen sperm.

If you are using a frozen sample from your male partner, **we must have his written consent to thaw the sample.** If you are not sure if your male partner will be able to provide a fresh sperm sample on the day of your egg retrieval, he should provide a frozen sample before the start of your cycle and sign a consent to thaw it.

GETTING STARTED

Once your physician starts you on your medication, NYULFC is notified. Your physician will direct your care - including medication, monitoring before, during, and after the procedure, and the selection of appropriate treatment protocols. They will be your point of contact for all medical decisions. If at any time you have questions or decisions related to your care, please contact your physician directly. Our nursing staff will review your records to ensure all results have been addressed.

Do not take Aspirin, NSAIDs (Motrin, Aleve, Advil, Naprosyn) or any medication, herb or other substance that can interfere with platelet function during your treatment cycle. Doing so will increase your risk of having a bleeding complication from the egg retrieval.

BEFORE THE EGG RETRIEVAL

When you are told by your physician to administer the Ovidrel trigger injection, NYULFC is again notified. Your egg retrieval procedure will be scheduled at a specific time, which is 34 - 36 hours after the trigger injection is administered. Your physician will advise you of your scheduled time and when to arrive at NYULFC – generally one hour before your retrieval.

Because you will receive anesthesia, **you must be discharged to the care of an adult. No Escort. No Retrieval. No Kidding.** This is a safety measure mandated by NYU Langone Health and NYU Langone Fertility Center. Your partner or escort will wait in the 6th floor lobby.

If your male partner will be providing a fresh sperm specimen on the day of your retrieval, your physician will also advise you of his appointment time.

Do not eat after midnight the evening before your retrieval. You may drink water only up until 7am. If prescribed, take your usual medications with a sip of water only.



Following retrieval, we want you to go home and rest. A day or two before your retrieval go shopping to ensure you have a sport drink such as Gatorade® to help with hydration, a pack of panty liners in case you have spotting from the procedure, acetaminophen (Tylenol®) for pain, and some easy to digest food (crackers/pudding/fruit), and any prescriptions you may need.

DAY OF EGG RETRIEVAL

Retrievals are performed 7 days a week, and are scheduled approximately every half hour until all are completed. It is critical that you are onsite at NYULFC at the time designated.

You, and your male partner if applicable, will sign in on the 5th floor at 660 First Avenue with our receptionist and then be directed upstairs to the 6th floor where our nursing staff will help you get prepared for the retrieval. Please do not bring any valuables to the retrieval and do not wear makeup. Be sure to bring your insurance card(s) and ID.

You will be given a surgical gown, booties, and a hair cover. A locker is provided for your personal items. Our nursing staff will interview you in our triage room. Please advise the nurse at this time if you have any allergies or sensitivities – latex, shellfish, iodine, and medication allergies are particularly important, although all allergies should be disclosed.

You will be asked to sign consent forms for the egg retrieval (oocyte aspiration) and anesthesia at this time. The anesthesiologist will conduct a brief interview/exam. Once in the procedure room, our staff performs a “time out” to ensure our operating room staff has an opportunity to confirm you are the correct patient, the correct medical record is in the room, your date of birth and other identifiers are correctly documented, and you have been properly identified as intending to undergo the egg retrieval procedure. OR staff includes the surgeon, a fellow, anesthesiologist, two nursing staff, and an embryologist. We will ask for your name and date of birth multiple times.

The actual egg retrieval procedure takes approximately 5-10 minutes and you will be sedated for approximately 30 minutes. This procedure involves using ultrasound guidance to insert a long needle through the vagina and into the ovaries, then using suction to remove the follicles from each ovary. After the procedure you will be taken across the hall by stretcher to our recovery room. Recovery usually takes an hour, but can be longer. We do not permit anyone other than patients in the procedure room or recovery room. Our nurses will update your escort on your recovery progress if they are able to step away from patient care.

Before you leave NYULFC with your escort, you will be evaluated for pain and given post-operative instructions. You may not work, exercise or drive for the remainder of the day. You will be given discharge instructions which you must sign as an indication you understand them. If you have any questions, or any concerns please let us know so we can address them while you are in our facility. We want to ensure you are safe and comfortable and have the information you need to ensure your rest at home is sound.

AFTER THE EGG RETRIEVAL

Once you are home, rest. Each patient's reaction to the procedure is unique. Some patients have no or very low pain, or mild cramping, while others experience a higher degree of discomfort. If you have any questions, please contact your physician. You may use a warm compress for pain relief.

RISKS OF EGG RETRIEVAL

Potential risks and side effects of medicated cycles – as used in IVF and egg freezing – include Ovarian Hyperstimulation Syndrome (OHSS). OHSS can result in hospitalization and lost workdays, adverse reaction to medications, and ovarian torsion.

Procedural risks include anesthesia complications, hematoma/bleeding, or perforation of bowel, bladder, or other abdominal vessels.

EMBRYO TRANSFER PROCESS

If you are using fresh embryos, a transfer will be scheduled approximately 5-6 days after your retrieval. At retrieval, eggs are examined and evaluated by an embryologist. In IVF, sperm is added to the lab dish containing the eggs and a special medium. The dish is then placed in an incubator where fertilization may occur. Any resulting embryos will remain in our laboratory for approximately 5 days until they reach the blastocyst stage.

If your embryos created from a fresh retrieval are being sent to a laboratory for genetic testing, your transfer will be scheduled usually two to three months after you and your physician have discussed the results. This schedule may be affected by your insurance carrier's requirements for authorization.

You should discuss how many and which embryos are to be transferred with your partner and with your physician. Your physician will advise the NYULFC embryology lab of the plan.

On the day of transfer, you will sign in on the 5th floor with our receptionist and then be directed upstairs to the 6th floor where our nursing staff will help you get prepared for the transfer. Please do not bring any valuables to the transfer.

You will be given a surgical gown, booties, and a hair cover. A locker is provided for your personal items. Please advise the nurse at this time if you have any allergies or sensitivities – latex, shellfish, iodine, and medication allergies are particularly important, although all allergies should be disclosed.

Once gowned, you will meet the NYULFC physician performing the transfer and confirm the embryo plan as decided by you and your physician.

The selected embryo(s) are placed directly into the uterus during a 10-minute procedure in our procedure room. The embryos are placed using ultrasound and a flexible catheter. Anesthesia is not required for most patients.

Following the transfer, you are free to leave and no escort is necessary, provided you do not require sedation. In the event that you do require sedation, then, as at retrieval, you will not be able to eat from midnight the night before, you will be able to drink water only until 7am. You will need to stay in our recovery room for approximately one hour, and a responsible adult must escort you from our facility.

FOLLOWING UP

The day following retrieval, you will receive a wellness call from our nursing staff. We are calling to make sure you are doing well following the procedure. We will leave a message if you do not pick up the telephone.

As a member of the Society for Assisted Reproductive Technology (SART), NYULFC is required to follow-up with patients. Please keep your physician informed of your birth outcome. For successful outcomes, your physician should be informed of the date of birth, birth weight and length, sex, location of birth, and any complications of the birth.

ABOUT NYULFC

We are accredited by the American Association for the Accreditation of Ambulatory Surgical Facilities (AAAASF) and follow strict guidelines for patient and environmental safety. NYULFC physicians work hand-in-hand with our nursing staff, who are certified in infertility nursing through the American Society for Reproductive Medicine. Our laboratory teams in embryology, andrology, and endocrinology, work toward the single goal of a successful cycle using skills, techniques and expertise honed over many years. Our laboratories form the foundation for the successful outcomes your physician has come to expect. We perform rigorous Quality Assurance reviews of our environment and procedures. Our pregnancy results are audited by the Society of Assisted Reproductive Technology (SART) and the CDC.

WELLNESS PROGRAM

The Wellness Program at NYULFC offers a variety of services to complement your fertility treatment, including psychologists, acupuncturists, yoga practitioners, psychotherapist, and a nutritionist. These optional services are designed to help decrease the stress and anxiety that often accompany infertility treatment and to optimize your well-being.

You can find out more at our website:

<http://nyulangone.org/locations/fertility-center/fertility-wellness-program>