

How we help women to become pregnant



easy read

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Helping women to become pregnant



Most women become pregnant in a natural way and need no help from doctors.



This document explains our **policy** about how we help women who have difficulty in becoming pregnant.



A **policy** is the rules that we have around this issue.

All doctors have to follow our policies.

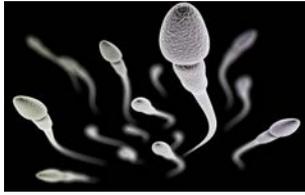
How we help



We can help women become pregnant by either:

- Intra uterine insemination (IUI)
- In vitro fertilisation (IVF)

Intra uterine insemination (IUI)



This is where we insert a man's sperm into a woman's womb.

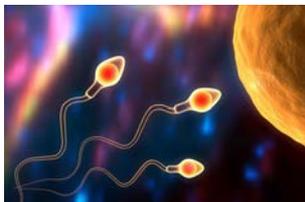


We hope that the sperm will join with one of the women's eggs and start to grow into a baby in the woman's womb.

In vitro fertilisation (IVF)



This is where we take some of the woman's eggs from her body.



We then mix the eggs with some sperm and leave them for a few days.



We look to see if one of the eggs has joined with a sperm to start the process of becoming a baby. This is called fertilisation.



We will then take one these fertilised eggs and put it into the woman's womb where it should grow to become a healthy baby.

What we will do



For the right people we will pay for either:



- Six attempts at intra uterine insemination (IUI)

or



- One attempt at in vitro fertilisation (IVF)



The Clinical Commissioning Group (CCG) cannot afford to pay for more attempts than this.



We will also freeze and store sperm from a man and eggs from a woman for a certain amount of time.

Who can use this service?



This service is only available to people who:

- Have been trying to become pregnant for at least 2 years
- Have a medical condition that might make them unable to have a baby
- Are in a family, but have no other children



- Do not smoke and agree not to smoke during the pregnancy



The service is only available to women who:

- Are between 18 and 42 years old



- Neither underweight nor obese



The people who will usually want this service are:

- People who have been trying to have a baby in the usual way
- Women in same sex relationships who have been paying for a private **IUI** service without success



- People who have difficulty with normal sex because of a disability



- People who are going to have treatment for cancer and want to freeze some of their eggs or sperm



- **Transgender** people who want to freeze some of their eggs or sperm before having surgery



Transgender people want to change from the gender they were given when they were born.

Storage



We will normally store frozen sperm from a man and frozen eggs from a woman for up to 2 years.



In some circumstances we will store them up to 10 years.



We would normally stop storing these things if:

- The couple have a baby who lives for at least 12 months



- The woman dies



We will give people at least 6 months warning that we will stop storing their sperm or eggs.



We would give people the chance to arrange to pay for their sperm and eggs to be stored privately.

How we decided this policy



When we wrote the policy we took into account:

- Appropriate health care. This is our duty to provide health care that is right for each circumstance.



- Effective healthcare. This is healthcare that we know will work.



- Costs. We must use the money that we have in the best way for the health of all the people we serve.



- Ethics. This is about doing the right thing.

For more information



If you need more information please contact your local NHS Clinical Commissioning Group.