

HC  
f e r t i l i t y

**A Fertility and Assisted Reproduction Center**

A close-up photograph of a pregnant woman's bare belly. She is wearing a white long-sleeved shirt and white pants. The belly is smooth and tanned, with a small dark navel. The background is plain white.

HC  
marbella

The journey  
starts with us

# Welcome to the HC Fertility Center

Planning for children and building a family are joyous milestones in life. If you are finding it difficult to conceive, the professional and friendly staff at the Fertility Center of the High Care Hospital are here to help.

Our doctors, nurses, embryologists and administrative staff will provide you with personal and individualized care to give you the best chance of conceiving. They work as a team with a single goal which is to provide you with the best possible medical service.

The HC Fertility Center is completely integrated with the Gynecology and Pre-Natal Departments of the hospital providing patients with continuity of care should the need for surgical procedures arise. The center also provides a comfortable, modern and stress-free environment to help patients feel as relaxed as possible.



# Why choose us?

## State of the Art Laboratory Equipment and Techniques

Our embryology and andrology laboratories are equipped with the latest technology and utilize advanced methods and techniques which have resulted in a high clinical pregnancy rate for women of all ages.

## Anonymity for Donor Egg and Sperm

Donations are anonymous and we guarantee the confidentiality of donor identity data.

## Egg, Sperm and Embryo Bank

We offer our patients the possibility to preserve their fertility prior to surgical procedures or cancer treatment, or if they need to delay motherhood. Our patients also have access to donor egg, sperm, and embryos that have been frozen for future use.

## Individualized Treatment Plans

Each patient is given a tailored treatment plan to optimize individual success.

## Pre-Implantation Genetic Diagnosis

We practice a technique called Pre-Implantation Genetic Diagnosis (PGD) which involves checking the genes of embryos created through IVF. This allows prevention of a specific inherited condition to be passed on to the next generation.

## Service 7 days a week

Critical procedures such as egg collections and embryo transfers are performed on the most advantageous day.

## Integrated gynecological and prenatal units

We offer our patients an integrated, multidisciplinary approach to fertility treatments providing gynecological services and prenatal controls when required.

## Excellence and Medical Experience

The High Care Hospital is supported by a specialized medical team who are professional pioneers in their disciplines and who personally demand and strive for the best results. They have been selected from among the most prestigious national and international physicians to be part of a multidisciplinary team.

## Patient Service and Care

Our entire team is focused on patient service and care, guaranteeing your comfort and ensuring your stay is customized to you, to the highest standards of quality and well-being.

Our staff is also multilingual, enabling them to communicate with you more effectively.

## Setting and facilities

Our center is just 200 meters from the sea and is situated on 14,000 square meters of land with surrounding gardens providing a uniquely exclusive setting designed to create a feeling of peace and to make you feel as relaxed as possible.









# Services that we offer

## First Consultation

Regardless of age, if you have had no success in trying to conceive for six months or longer, we recommend that you schedule a consultation to determine if any problems exist. During this visit, one of our fertility specialists will review your medical history, perform preliminary testing that will put your mind at ease or identify issues early enough to allow for treatment, and advise you about the best medical options for you. If you have been referred to us by your Gynecologist and have had tests done previously, please bring the medical reports with you to your first consultation.

Initial testing includes a Pelvic Ultrasound Scan which is a diagnostic procedure that assesses pelvic organs and detects abnormalities in the uterus, ovaries, or fallopian tubes, a Hormone Profile & Viral Screen which is a blood test required to check blood count, hormone levels, and whether a woman has ever been infected with certain viruses, and a Semen Analysis which is a test performed on a sample of semen to check both sperm count and motility.

## Fertility treatment options

While we do everything possible to create an optimal environment for conception, fertility treatment has no guarantee of success. However, if you become pregnant after treatment, your pregnancy carries no more risks than if you had conceived naturally.

The following is a list of assisted reproductive technology treatments we offer. Detailed information can be found on our website or made available to you upon request.

## Intrauterine Insemination (IUI)

This treatment also commonly known as artificial insemination involves placing a sperm sample that has been prepared directly into a woman's uterus near the time of ovulation. This procedure increases the number of sperm that move through the reproductive tract to the fallopian tubes where fertilization usually occurs and therefore enhances the chance of achieving pregnancy. Insemination is often performed with couples who have difficulties with intercourse due to male factors; such as low semen volume or concentration, or decreased sperm motility.

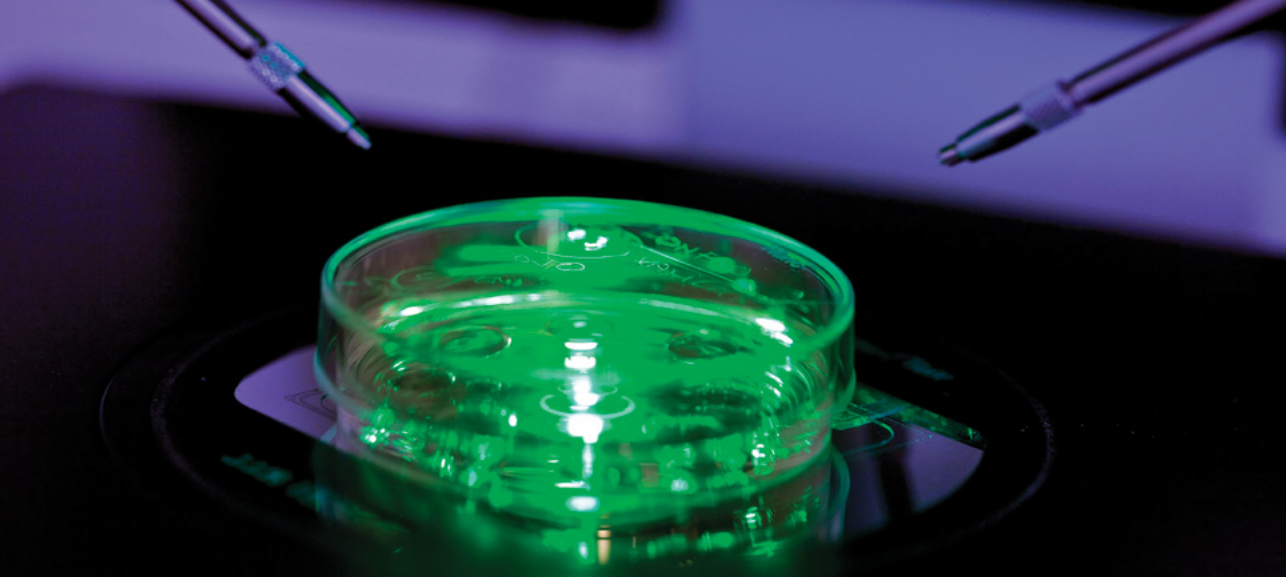
## In-Vitro Fertilization (IVF)

During an IVF treatment, eggs are removed from the ovaries, fertilized with sperm in the laboratory and allowed to grow before being inserted back in the woman's uterus. IVF techniques are used when medical conditions prevent the sperm from reaching the egg due to blocked or damaged fallopian tubes; or if a man has low sperm quantity or quality which reduces the chance of fertilization.

## Intracytoplasmic Sperm Injection (ICSI)

Intracytoplasmic Sperm Injection, or ICSI, is a sophisticated technique which involves the collection of an individual sperm and injecting it directly into an egg in order to fertilize it. Once fertilized, the embryo is then transferred into the woman's uterus. This procedure overcomes many of the barriers to fertilization and allows couples with little hope of achieving successful pregnancy to obtain fertilized embryos, especially when conventional IVF treatments are not successful.

The treatment protocols are the same as for IVF, with the only difference being that rather than allowing the egg and sperm to interact in the dish, a single sperm is injected directly into the egg.



## Anonymous Egg and Sperm Donations

Egg and sperm donations may be used successfully in treatment of multiple causes of infertility and is a delicate process which requires matching donors with patients. Donors are screened physically and psychologically by our multidisciplinary team of specialists. The tests include a medical, psychological and gynecological evaluation, complete blood analyses including serology for infectious diseases, and a genetic history study.

Our center has no waiting lists and patients are assured of exhaustive medical and genetic testing of donations, and meticulous selection with regards to the physical characteristics of our donors to ensure similarity to the recipient parents.

Donations are anonymous by law in Spain and as such, we guarantee complete donor confidentiality.

## Assisted Hatching

To implant in the womb, the embryo has to break through the outer membrane that surrounds it. This process is known as hatching. The failure of the embryo to hatch could be a reason why some couples fail to achieve pregnancy. Assisted hatching is a procedure that involves a hole being made in the outer membrane of the developing embryo to aid in the natural process of hatching. It is performed on day three following egg collection. This technique can improve the success of an IVF cycle or ICSI treatment by aiding in the implantation of the embryo into the uterine wall.

## Blastocyst Culture

A blastocyst is an embryo that has been cultured in the laboratory up to 5 days after egg collection until it has differentiated into two distinct cell types. During embryo development, those less capable of survival do not continue to mature to the blastocyst stage. The advantage of this non-invasive method of embryo self-selection is that by day 5, the embryologist can select which blastocysts have the best growth potential to be put in the uterus, leading to a better chance of successful pregnancy.

## Pre-Implantation Genetic Diagnosis (PGD)

There are many genetic diseases that can be transferred from parents to children such as hemophilia, Tay-Sachs, cystic fibrosis, sickle cell anemia, Down's syndrome and many others.

Pre-Implantation Genetic Diagnosis is a reproductive technology that is used to screen embryos for genetic or chromosomal disorders in order to select those that are healthy and disease-free. This technique is suitable for couples who are carriers of, have lost pregnancies due to, or already have one child with a genetic disease.

## Surgical Sperm Retrieval

Surgical sperm retrieval is a type of fertility treatment that refers to a variety of surgical techniques used to obtain sperm from the testicles. This procedure is performed when there is no sperm contained in the ejaculate due to surgical, congenital, or infectious blockage. Once the sperm is removed, it is frozen and stored for an IVF or ICSI cycle.

## Fertility preservation

Fertility preservation should be considered in the event that a man or woman requires oncology treatments or certain surgeries that would render them infertile. It is also an option for women facing early menopause or who do not have a long-term partner.

The process to preserve fertility entails freezing eggs, sperm, or embryos with the use of liquid nitrogen for use at a later time. Once frozen, they can be stored up to 10 years. Taking steps to protect fertility provides a person or couple with more options for conceiving at a later time.

## Embryo Freezing

If a couple wants another child after a successful IVF cycle or if the original cycle is not successful, it is worth freezing spare embryos of good quality which can be used at a later date.

The process is much easier and less costly than a fresh cycle. Not all embryos survive the freezing and thawing process; however, those that do have a normal chance of implanting after transfer.

## Embryo Adoption

Couples having a hard time conceiving because of fertility problems experienced by either partner can choose to adopt an embryo instead of going through a treatment cycle with donor eggs and sperm. Embryo adoption is a new adoption choice that allows the adopting family to begin the journey nine months earlier with pregnancy and childbirth. It is easier, less costly and provides a source of hope for couples who want to add children to their family.

## Counseling and Emotional Support

Having to build a family through fertility treatment or pursuing fertility preservation can be stressful and may affect your relationships with others, your perspective on life, and how you feel about yourself. When considering any type of fertility treatments, it may be helpful to seek assistance of a fertility counselor to manage emotional, family, work-related and/or personal challenges associated with it.

**Making it possible**





# Steps you can take to improve your chances of success

Our lifestyle can influence so many aspects of our well-being and there is no doubt that the choices we make can affect fertility. Here are simple measures you can take to increase your chances of conceiving.

## Stop smoking

Research shows that the chemicals in cigarette smoke are harmful to eggs and sperm. Smoking can greatly reduce your partner's sperm count and decrease the response to stimulation and the rate of fertilization. Also, second-hand smoke might decrease the odds that a fertilized egg will be able to implant in your uterus.

## Eat well

What you eat has a significant impact on your fertility. A well balanced diet comprised of a wide range of fresh fruits and vegetables helps to increase your chances.

## Avoid stress

Relax, have a massage, and get enough sleep. These can all help you reduce your stress level and relieve anxiety.

## Maintain a normal weight for your height

Being overweight or underweight can affect your chances of success and can lead to complications in pregnancy. Maintaining a normal Body Mass Index (BMI) within a range of 19-30 kg/m<sup>2</sup> will help you achieve a better response to stimulation and treatment.

## Reduce your alcohol consumption

Heavy drinking exposes the fetus to toxins which could result in fetal abnormalities. It also affects sperm production and motility. Avoiding alcohol altogether during treatment is encouraged.

## Avoid strenuous exercise

Gentle exercise is encouraged to improve health and help cope with the stress of investigations and treatment.





# High Care

## International Hospital

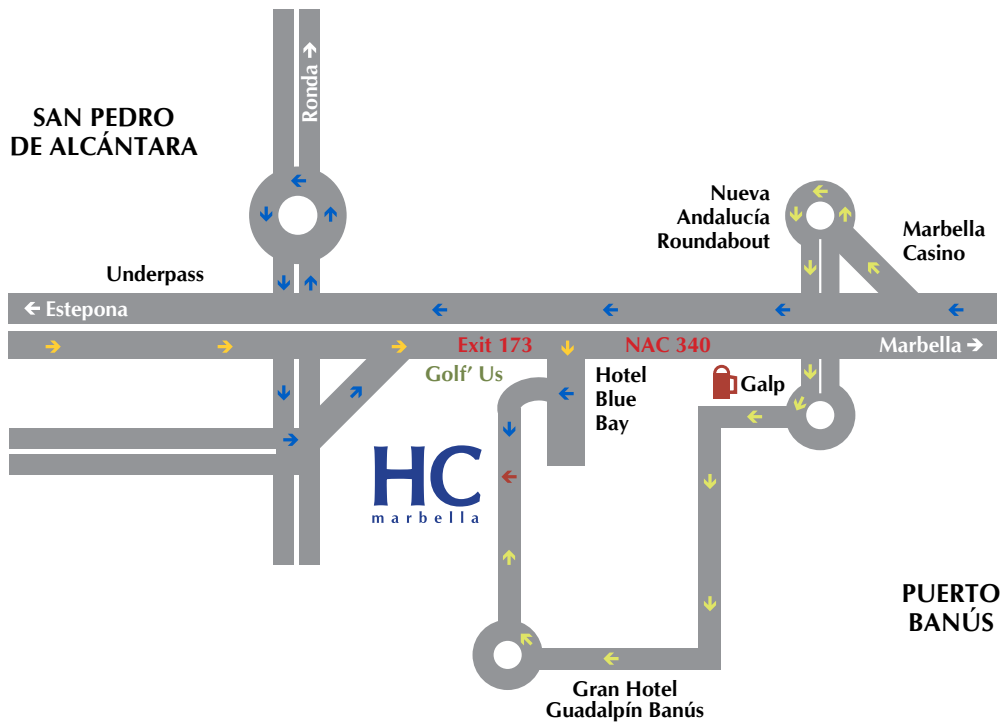
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- Coming via Nueva Andalucía

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