



Other Options



*When You
Can't Conceive
on Your Own*



When you can't get pregnant on your own and everything you've tried has failed, you still have other options. Consider being treated by a specialist in the field of infertility. Drug therapy, artificial insemination, in vitro fertilization, gamete intrafallopian transfer procedure and zygote intrafallopian transfer procedure all give more options to couples suffering from infertility. All of these forms of medical intervention can result in a multiple pregnancy.

Drug Therapy

Drug therapy is often used for problems with ovulation. The chances for multiple pregnancies vary from drug to drug and can be as high as 50 percent. Different causes of irregular or absent ovulation will require different drug approaches. For instance:

- If you have irregular periods or ovulate rarely, a drug called Clomid can be taken orally at the beginning of the menstrual cycle to stimulate ovulation.
- If your periods are absent altogether due to a malfunctioning pituitary gland, GnRH can be given. This is a hormone normally produced by the brain that helps the female reproductive system function normally.
- An injection of Pergonal may be given one to two times a day during a cycle to stimulate the ovaries.

Artificial Insemination

With artificial insemination, intercourse is bypassed and the doctor places the sperm directly into the uterus. This is done when the mucus produced by the cervix is toxic to the sperm, the male is unable to produce enough viable sperm or the reason for infertility is not known. The sperm is often washed with a special chemical agent that removes the semen and leaves only the sperm. Depending on the situation, the partner's or a donor's sperm may be used.

In Vitro Fertilization (IVF)

This is best known as the "test tube baby" procedure. The ovaries are stimulated with drug therapy to release as many eggs as possible. The eggs are retrieved using a needle and ultrasound. The eggs are placed in a dish with the partner's sperm, where fertilization occurs. This is observed under a microscope in the laboratory. After three days in the laboratory, the embryos are passed into the uterus with a catheter.

Gamete Intrafallopian Transfer Procedure (GIFT)

The steps leading up to fertilization are the same with GIFT as with IVF. As soon as the eggs and sperm are put together, they're put back into the fallopian tube with a special catheter. The hope is that fertilization occurs in the fallopian tube and the embryo travels down to the uterus and implants.

Zygote Intrafallopian Transfer Procedure (ZIFT)

This is a combination of IVF and GIFT. The sperm and eggs are placed together in a dish and fertilization is observed. One day after the sperm and eggs have begun dividing, the resulting "zygotes" are placed into the fallopian tube with a catheter.