

## 試管嬰兒療程說明

2016/12/06

人工生殖法規定已婚夫妻始能接受人工生殖技術，欲接受治療者，請確認已完成結婚登記，並申請「**親屬關係證明**」及「**結婚證書**」以證明雙方夫妻關係，兩份文件皆須在大陸辦理公證，並經財團法人海峽交流基金會驗證。

Based on Artificial Reproduction Act in Taiwan, couples who are intended to receive assisted reproductive treatment must confirm that their marriage is registered and present a “marriage license” as well as “certificate of kinship” to proof their marital relationship. “Marriage license” and “certificate of kinship” have to be notarized in China, and verified by Straits Exchange Foundation.

試管嬰兒係指卵子由母體取出，讓精卵在體外結合後，經過體外培養 2 -5 天，再行植回母體的方式。試管嬰兒療程主要可分成三個階段。

The process of In Vitro Fertilization (IVF) is typically comprised of three phases: (1) egg retrieval (2) embryo fertilization which takes 2-5 additional days and (3) implantation of the embryo to the uterus.

### (一) 事前評估 Pre-procedure assessment

試管嬰兒療程之事前評估項目如下，可以先於大陸進行。欲選擇至台灣進行者，請與國際醫療部取得聯繫後，於月經週期第一天抵達台灣。

The following chart presents the items of pre-procedure assessment of IVF which can be done in China. If the assessment is arranged in Taiwan, please confirm with Department of International Medical Affairs of E-Da hospital, and please arrange the date of your arrival in Taiwan on the first day of menstruation.

時間	流程	說明	備註
	♂精蟲分析 Sperm analysis	確認精蟲狀況 Analyze the quality of sperm and the viability.	
	♂抽血檢驗 Blood test	檢驗愛滋及梅毒 Screening of Syphilis and AIDS	<ul style="list-style-type: none"> <li>• 抽血驗</li> <li>• Blood test for VDRL and HIV</li> </ul>
月經週期第 2-3 天 2 <sup>nd</sup> -3 <sup>rd</sup> day of menstrual cycle	卵巢荷爾蒙檢驗 Hormonal/ ovulation evaluation	確認卵巢功能 Evaluating ovarian function	<ul style="list-style-type: none"> <li>• 抽血驗 E2、LH、FSH、TSH、AMH、Prolactin、Progesterone 等。</li> <li>Blood test for E2、LH、FSH、TSH、AMH、Prolactin、Progesterone</li> </ul>
	輸卵管攝影檢查	確認輸卵管通暢度	<ul style="list-style-type: none"> <li>• 先排子宮鏡，再排輸卵管攝影。</li> </ul>

	Hystero-Salpingography (HSG)	To check abnormality or tubal obstruction of fallopian.	<ul style="list-style-type: none"> <li>輸卵管攝影檢查須禁食（含水）4 小時。</li> <li>Hysteroscopy will be performed before HSG</li> <li>4 hours of fasting (including water) prior to HSG</li> </ul>	
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## （二）治療週期 Treatment cycle

請於月經週期第一天抵達台灣。Please arrive in Taiwan on the first day of menstruation

時間	流程	說明	備註
月經週期第 2-3 天 2 <sup>nd</sup> to 3 <sup>rd</sup> day of menstrual cycle	打排卵針 Injectable medications	刺激卵泡成長 Stimulation to develop multiple follicles	<ul style="list-style-type: none"> <li>打排卵針前，先做陰道超音波+抽血驗 CBC、E2、LH、FSH、Progesterone、VDRL、HIV。</li> <li>Transvaginal ultrasonography and blood test (including CBC、E2、LH、FSH、Progesterone、VDRL、HIV) are conducted prior to injectable medications.</li> <li>進行取卵手術前準備(1)：心電圖檢查、X 光檢查。</li> <li>Oocyte retrieval: pre-operative preparation(1): EKG, X-ray.</li> </ul>
第 3-14 天 3 <sup>rd</sup> to 14 <sup>th</sup> day of menstrual cycle	打排卵針 Injectable medications	刺激卵泡成長 Stimulation to develop multiple follicles	<ul style="list-style-type: none"> <li>連續施打排卵針(FSH)10-12 天，甚至 14 天，以刺激卵泡成長。藥物請冷藏保存，不可放於冷凍庫。</li> <li>Receive FSH for consecutive 10-12 days( up to 14 days) to stimulating multiple follicles development. Injectable medications have be stored in the</li> </ul> <p>因藥物種類、藥物劑型及使用天數不同，費用會有差異 <b>Cost may vary based on types of drugs, dosages, and intake frequency.</b></p>

			<p>fridge (avoid keeping them in the freezer).</p> <ul style="list-style-type: none"> <li>依據醫師指示的時間，回醫院做陰道超音波+抽血驗 E2 追蹤卵子的成熟度。Back to hospital for transvaginal ultrasound and blood test (E2), which is for checking the follicles maturity.</li> </ul>	
<p>第 15 天 15<sup>th</sup> day of menstrual cycle</p>	<p>打破卵針 Injectable medications for ovulation trigger</p>	<p>促進卵泡成熟以達到最佳取卵時間 Maturing the egg in preparation for ovulation</p>	<ul style="list-style-type: none"> <li>返院拿破卵針。通常卵泡發育至<math>\geq 1.8\text{cm}</math> 為破卵針 (hCG) 施打的時機。</li> <li>The timing to make a return visit for the ovulation trigger shot is usually when the size of a follicle has grown to <math>\geq 1.8\text{cm}</math>.</li> <li>抽血驗 LH、Progesterone。Blood test for LH、Progesterone.</li> <li>進行取卵手術術前準備(2)：麻醉評估。</li> <li>Oocyte retrieval: pre-operative preparation(1): anesthesia assessment</li> <li>遵從醫生告知的確切時間打破卵針。</li> <li>Following the doctor's instruction to inject the ovulation trigger medications .</li> <li>遵從醫師指示的時間回醫院接受取卵手術。</li> <li>Following the doctor's instruction to go back to</li> </ul>	

			hospital for egg retrieval operation.	
第 17 天 17 <sup>th</sup> day of menstrual cycle	♂取精 Semen collection egg retrieval		<ul style="list-style-type: none"> <li>取卵日上午請先生取精。取精後，存放於取精罐中。若取卵當天先生無法配合取精，可事先將精子取出冷凍。</li> <li>A semen specimen will be collected on the same day of egg retrieval and stored in a sterile bottle. If it is not available to collect on the day of egg retrieval, semen specimen also can be collected in advance (please stored in the freezer).</li> <li>冷凍精子和新鮮精子並不會影響胚胎品質和試管嬰兒成功機率。</li> <li>Using freezing sperm or fresh sperm will not affect the quality of embryo and the success of IVF.</li> </ul>	精蟲冷凍費用及保存費用另計 Additional fee for the sperm freezing and storage is applicable.
	取卵 egg retrieval		<ul style="list-style-type: none"> <li>取卵手術採靜脈注射全身麻醉，因此前一晚 12 點過後，須禁食（含水）。</li> <li>Egg retrieval will be performed under the Intravenous General Anesthesia (IVGA), no food and drink since the midnight (12am).</li> <li>上午進行取卵手術，手術結束後，將在恢復室觀察 30-60 分鐘。</li> <li>Egg retrieval will be scheduled in the morning,</li> </ul>	

			<p>after the surgery, staying at the recovery room for 30-60minutes for observation is needed.</p> <ul style="list-style-type: none"> <li>待麻醉科醫師評估後，及抽完紗布、解過小便後，便可以出院返家，不需要住院。</li> </ul> <p>When the gauze is removed and the mother had urinated, after anesthesiologist assessment the mother can go home, hospitalization is unneeded.</p>	
	<p>體外受精 In Vitro Fertilization</p>		<ul style="list-style-type: none"> <li>中午於實驗室進行受精。</li> <li>Fertilization is conducted at noon in the laboratory.</li> <li>受精可分成體外自然受精 (IVF)及單一精蟲顯微注射 (ICSI)兩種。一般採體外自然受精，特殊情況將採單一精蟲顯微注射。</li> <li>Two methods of Fertilization: IVF or ICSI.</li> <li>IVF is the most common. ICSI is performed in some certain situation.</li> <li>單一精蟲顯微注射費用係以 <math>\leq 5</math> 顆計算，之後每增加 1 顆，再加收費用。</li> <li>Estimated cost of ICSI is applicable to <math>\leq 5</math> eggs, if the eggs are more than 5, the additional cost will apply for each extra eggs.</li> </ul>	
<p>第 18-22 天 Day 18-22</p>	<p>胚胎培養 Embryo Culture</p>		<ul style="list-style-type: none"> <li>順利的話，第 3 天一個胚胎會有 8 顆細胞。It is common in IVF to grow</li> </ul>	

			the embryo to 8 cells on the 3 <sup>rd</sup> day.	
第 20-22 天 Day 20-22	冷凍胚胎 / 胚胎植入 Embryo Freezing/Implant-ation		<ul style="list-style-type: none"> <li>視胚胎成長情形決定胚胎植入時機，一般為取卵手術後 2-5 天。</li> <li>胚胎植入的過程不需要麻醉，植入後也不會感到不適。植入後，需要平躺 2 小時。</li> <li>The timing to implant the embryos depends on the growth of embryos. (the 2<sup>nd</sup> to 5<sup>th</sup> day of retrieval is common)</li> <li>Embryos implantation can be conducted without anesthesia, nor might the discomfort occur. 2-hours bed rest is required after embryo transfer.</li> </ul>	<p>因植入時間點不同，費用會有差異</p> <p><b>Fees may vary based on the timing of embryo transfer.</b></p>
			<ul style="list-style-type: none"> <li>多餘的健康胚胎，則可以冷凍保存，留待下次植入使用。目前人工生殖法規定胚胎冷凍時間最長為 10 年。</li> <li>Extra healthy embryos can be frozen for future use. Frozen embryos can be reserved up to 10 years based on Taiwan's Artificial Reproduction Act.</li> </ul>	<p>胚胎冷凍費用、胚胎解凍費用及培養費用另計</p> <p><b>Additional fee for embryo transfer may be applicable.</b></p>
			<ul style="list-style-type: none"> <li>若因醫療目的而需要接受著床前遺傳診斷(PGD)者，於取卵手術後 5 天進行，故胚胎植入將順延一個週期。</li> <li>If PGD testing is needed due to some medical reasons, it will be</li> </ul>	<p>著床前遺傳診斷費另計</p> <p><b>Additional fees for PGD, embryo freezing/de-</b></p>

			conducted on the 5 <sup>th</sup> day of retrieval. The rests of the procedures will be postponed accordingly.	<b>freezing and culture may be applicable.</b>
第 17-33 天 Day 17-33	補充黃體素 Progesterone supplements	加強黃體功能 Luteal phase support	<ul style="list-style-type: none"> <li>為穩定子宮內膜，胚胎植入後，須遵照醫囑補充黃體素約 14-16 天，以利胚胎著床（取卵後當天開始使用，至植入後 2 週）。</li> <li>Progesterone prepares the lining of the uterus to allow an embryo to stick or implant. Follow the doctor's instruction to take Progesterone (up to 14-16 days) start on the day of retrieval till two weeks after the embryo transfer.</li> </ul>	
第 27-29 天 Day 27-29	回診 Return to the hospital	清理黃體素陰道凝膠 Clean the Progesterone Gel in vaginal	<ul style="list-style-type: none"> <li>清理黃體素陰道凝膠。</li> <li>結束後，後續項目可回大陸追蹤。</li> <li>Clean the Progesterone Gel in vaginal.</li> <li>Afterward the follow-up can be done in China.</li> </ul>	

### （三）後續追蹤 Follow-up

後續追蹤項目可以返回大陸進行。The follow-up can be done in China.

時間	流程	說明	備註
月經週期第 31 天 31 <sup>th</sup> day of menstrual cycle	驗孕 Pregnancy test	確認懷孕與否 To determine if the cycle is successful or not	<ul style="list-style-type: none"> <li>取卵 2 週後驗孕。</li> <li>沒有懷孕者，需休息 1 個月，才能開始第 2 次療程。</li> <li>Successful conception: follow-up will be scheduled two weeks afterwards</li> <li>Unsuccessful conception: 1-month rest is needed to start</li> </ul>

			the next treatment cycle	
第 38 天 Day 38	回診 Follow-up	<p>確認胚胎著床處正確與否</p> <p>To examine if the embryo is growing in the uterus</p>	<ul style="list-style-type: none"> <li>• 確認胚胎著床處正確與否。</li> <li>• Can be followed up in patient's country of residency</li> </ul>	
第 45 天 Day 45	回診 Follow-up	<p>確認胚胎是否有心跳</p> <p>Check the heart rate of embryo</p>	<ul style="list-style-type: none"> <li>• 確認是否有心跳。</li> <li>• Check the heart rate of embryo</li> </ul>	