



**Bridge Clinic**  
London

# Bridge Clinic London Welcome Guide

[www.bridgeclinic.london](http://www.bridgeclinic.london)  
020 3314 8386



## About Bridge Clinic London

At **Bridge Clinic London**, we understand that fertility treatments can be stressful and emotionally challenging.

At **Bridge Clinic London**, we give you the best. Our medical, nursing and scientific staff have all the skills, knowledge and expertise to give you the best chance of conceiving. Our counsellors are there to support you along the way. We believe that starting a family is a human right and we are committed to providing accessible and transparent personalised care for our patients.

### Our mission

Supporting our patients in their wish to have a family by delivering exceptional care safely and compassionately.

### Our vision

To be the leading fertility clinic you trust.

We are passionate about ensuring that we offer the best quality of care throughout your journey with us. This is delivered by a team of expert and professional specialists that look after the healthcare needs of you and your family. We deliver evidence-based practice, and we are confident that we can support you every step of the way.

## Our values

Patients are at the heart of everything we do, and our values reflect this;

### Ethical

We do the right thing;

- *We act in the best interest of our patients.*
- *We respect our patients' autonomy to choose or refuse treatment.*
- *We promote good over harm.*
- *We rely on fairness and equality in the distribution of health resources.*
- *We treat both you as well as the staff treating you with dignity.*
- *We value informed consent before conducting a healthcare intervention on a person.*

### Honesty

We earn your trust. We value open communication, transparency and doing what is best for our patients.

### Innovation

We are at the forefront in that we implement the latest technology, medical procedures and healthcare solutions to the benefit of our patients.

### Excellence

We go the extra mile. We are committed to continually reviewing and improving the quality of our service to deliver the best standard of care and outcomes to our patients.



Compassionate care for every patient



## Founded on excellence

Founded in 1999 on the principles of excellence in healthcare delivery and personalised care, the Bridge Clinic group has celebrated the birth of over 3000 babies.

As a pioneer in the fertility field, **Bridge Clinic London** aims to improve and innovate the patient experience by offering accessible IVF services and compassionate care for patients in the UK.

**Bridge Clinic London** follows the best practices of UK-based fertility clinics. This includes being licensed by the HFEA, the UK's fertility regulator, as well as being registered by the Quality Care Commission, the independent regulator of health and social care in England.

## Caring and professional medical experts

Our leading team of clinical experts brings a wealth of knowledge and ensures that all of our patients receive high-quality, personalised treatment.

Being at the forefront of the latest advancements in fertility treatments and having a proven track record, we are poised to provide the best possible outcomes for our patients.





## Inclusive compassionate care

### Accessibility and transparency

We are committed to making fertility services accessible to all those who need them and believe that everyone deserves the chance to build their family and achieve their dreams of parenthood, regardless of their financial circumstances.

We offer transparent pricing to help make fertility treatment more accessible to our patients.

Our team is here to guide patients through every step of the fertility journey, providing clear and open communication, answering questions openly with the aim of providing as much information as possible. This way our patients are informed and have agency during their fertility journey.

### Personalised care

We understand that fertility treatments can be stressful and emotionally challenging for our patients. That's why we prioritise a patient-centered experience, designed to put our patients' needs first and create a supportive environment that fosters trust and confidence.

We adhere to a whole-clinic approach, ensuring our patients feel like they are heard and an involved participant in their own fertility journey. We believe that by working together with our patients, we can achieve the best possible outcomes and help every family build the future they deserve.



## Consultations at Bridge Clinic London

Your consultation will take place between you and a clinical fertility specialist at our clinic. If you are seeking care as a couple, you will both need to attend this appointment.

Prior to attending this appointment, you will be contacted by the *Bridge Clinic London* Fertility service team to ask you to review and sign some forms and questionnaires. Depending on your treatment and your medical history, you will be asked to come in for different blood tests, sperm analysis and a scan prior to the appointment. We will explain what is needed clearly when we contact you.

Completing these tests and scans prior to the in-person consultation is very important to ensure we have all the information we need to discuss with you the best treatment pathway. You will need to ensure payment is received by us for the tests and the in-person consultation before attendance. Payment will need to be made online via our patient portal.



# What happens in a consultation?

If you are seeking treatment as a couple, you will both need to attend this appointment as we will discuss the treatment options in detail, and it is important that both of you understand and are involved in the decision-making process.

## *Results of tests & scans*

We will share with you and explain the results of any tests and scans in addition to any previous information we may have from prior treatment or tests your GP might have requested in advance.

## *Discuss treatment plan*

Taking into consideration all the information we have discussed, your medical history and the tests and scan results, we will recommend a treatment plan based on your needs. We will explain the options for treatment at **Bridge Clinic London**. We will never recommend unevidenced “add-ons”; and your plan will be clear from the beginning. We will explain each step of the treatment journey and provide you with ongoing information and support.

## *Decision to proceed with treatment*

At this point in the consultation, we have usually discussed all the information necessary for you to decide whether you want to proceed with treatment with us. There is no pressure to decide immediately, and you may need to consider the information and options we have shared. If you don't book a treatment at your consultation, then please book and pay via the patient portal.

If you decide to proceed with treatment at this point, we will explain what your pathway is going to be before you start treatment while you are in our clinic. We will explain in detail the treatment process and provide you with all the information you need regarding your specific treatment.

## *Prescriptions and pharmacy (for stimulated treatment)*

We will issue any necessary prescriptions for your treatment, and you will pay the pharmacy directly for those medications. You are free to fill your prescription at any pharmacy that provides those medications, but we have sourced a specialist fertility online pharmacy that we recommend. When you receive the medications, ensure to store them as instructed (either in the fridge or at room temperature). We will explain to you how to use each type of medication before you start the stimulation.

## *Book your treatment baseline scan*

Whether having natural or stimulated treatment, you will need to book a baseline scan. Contact us on the day your period starts via the patient portal to book your scan. The day your period fully starts is called day one, and you will need to have this scan between days 2 and 4 of the cycle.

## *Donor sperm*

If you require donor sperm for your treatment, we will arrange for an appointment with one of our specialist counsellors to discuss the process and implications of receiving donor sperm. This counselling session will help you understand the legal implications of receiving donor sperm and give you some resources to help when explaining to your future child how they were conceived. This is a necessary step in your treatment, and it will provide you with support in making decisions about having donated sperm for your treatment.

Our British Infertility Counselling Association (BICA) accredited counsellors specialise in having discussions about donor-conceived families, and this appointment is the opportunity for you to discuss your thoughts and feelings about using donated sperm. The counselling appointments will be tailored to your specific needs.

We work with several donor sperm banks to source donor sperm. One of the embryologists will explain the process carefully and what you need to do next. It's important to know that once you have chosen the sperm bank and made your decision regarding sperm characteristics, we will need to check that it complies with UK regulations, and it can take up to two weeks to import the samples. You will make payment for donor sperm directly to the sperm bank.

Alternatively, you could bring a known sperm donor (someone who has agreed to donate). We will need to assess their suitability as a donor before we confirm they can be used in your treatment.



## Treatments

At **Bridge Clinic London**, we tailor every treatment to your personal needs. Our team of specialists ensure that you have everything you need to help you with your treatment.

[For a full breakdown of our treatments visit our website](#)



## Consultation

**Price:** Individual: £345 · Couple: £460

Every treatment at **Bridge Clinic London** begins with a conversation. We offer both face-to-face and virtual consultations to help you on your journey.

The first step is to complete a health questionnaire which will help us tailor the appointment to your needs.

As part of the consultation process, we will perform the necessary tests, which may include ultrasound scanning, blood tests and sperm analysis, to decide which type of treatment is best for you.

### *Baseline scan*

A baseline scan is an internal (trans-vaginal) scan that assesses the health of the uterus, the womb lining, and the ovaries. It checks for any abnormalities that may affect your treatment.

A baseline scan gives a more accurate picture of your anatomy. However, if you have concerns, please speak to a member of our clinical team.

### *Semen analysis*

The results of a semen analysis will allow us to assess if there is sperm in the ejaculate and, if so, what treatment options are best suited for you.

We will use the results of your tests and investigations in the consultation with one of our clinical fertility specialists, where we will discuss your options for treatment.

### *Assessment of the fallopian tubes*

In some cases, it might be necessary to assess abnormalities in the fallopian tubes. A HyCoSy is a trans-vaginal ultrasound procedure recommended in suspected fallopian tube blockage due to a history of pelvic inflammatory diseases, sexually transmitted infections, previous ectopic pregnancy, or endometriosis. This procedure involves the use of a dye (contrast agent) specially designed for use with this type of test. It is safe and will not affect future fertility or have any effect on the fallopian tubes.

### *Blood tests*

We may arrange some blood tests to gain more information about your reproductive cycle, ovarian reserve, and any other hormone issues. We may request other specific investigations based on your individual medical history to be able to have a full picture of your reproductive health.

## Bridge Clinic London Fertility patient portal

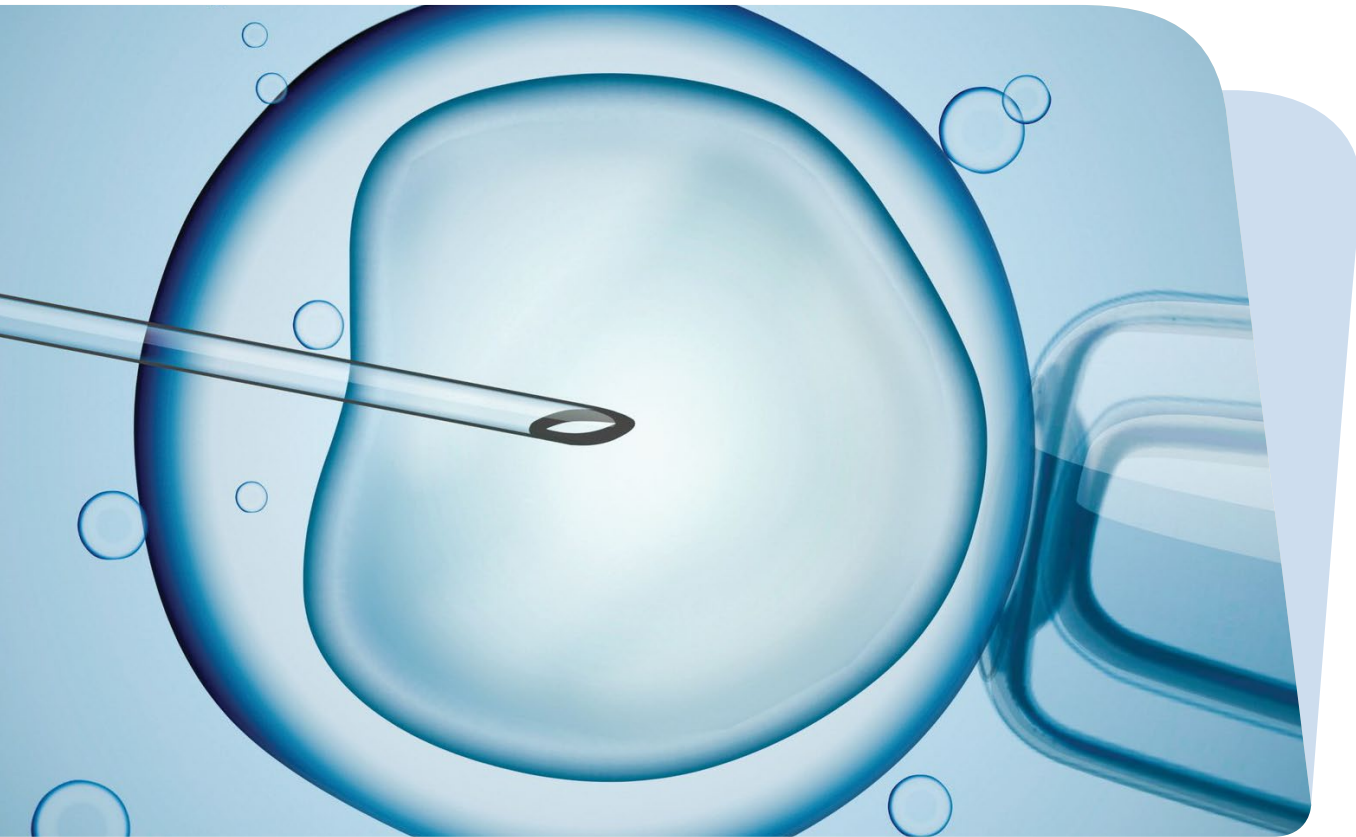
We want to ensure that you are at the centre of your care, and as such, we use a patient portal to communicate with you about your care. You will be registered on the portal when you book your first virtual consultation.

We will send you a link via email which will invite you to create your login information and set up the necessary passwords, etc. You will be asked for permission for us to store your information and communicate with you at the same time. This will allow us to contact you via our communication channels. This portal is also the best way to get in contact with us.

We will send you information, videos, forms and other service communications via the portal. You will be registered with your email address, and each time there is something we need to share with you, you will receive an email from enquiries@bridgeclinic.london to let you know you need to log in to the portal.

The patient portal is secure, safe and governed by our best-practice Information Governance procedures.

For more information about how we use and store your data, please view our [Privacy Statement](http://www.bridgeclinic.london) at [www.bridgeclinic.london](http://www.bridgeclinic.london)



## Counselling

Fertility treatment can be a stressful time for many patients and their partners. There are several complex psychological, social, and legal issues that can arise from this treatment.

The Human Fertilisation and Embryology Authority (HFEA) states that fertility counselling is a key element in the provision of fertility services. We will offer it to you before, during and after treatment and provide a safe environment for you to discuss your feelings with an experienced fertility counsellor. There are different types of counselling that may be relevant to your situation. Therapeutic counselling, for example, can be a great opportunity to explore your feelings, coping strategies, options and relationship issues.

Implications counselling is essential for patients who intend to use donor sperm or donor eggs. This provides a forum for you to explore the emotional and legal aspects of these types of treatment. This type of counselling is also essential for those donating sperm or eggs. Occasionally we may advise patients that they require Genetic Counselling. This type of counselling is not provided by *Bridge Clinic London*, but we can recommend specialist counsellors for you if required.

Support and empathy are at the heart of our services at *Bridge Clinic London*, and anytime you need to talk about your treatment, we have specifically trained counsellors who are experts in the challenges and emotions involved when going through assisted conception treatment. You can book an appointment with our counsellors by calling 020 3314 8386 or contacting us through the patient portal. Our specialised clinicians, embryologists and administrative staff are also available to provide you with information and support throughout your treatment. Our support does not stop at the end of a treatment cycle. Counselling and support are available at any point before, during and after your treatment.

All of our Counsellors at *Bridge Clinic London* adhere to the regulatory guidelines set out by [The British Association for Counselling and Psychotherapy \(BACP\)](#) and the [British Infertility Counselling Association \(BICA\)](#). This ensures you receive high-quality counselling to help you through your journey with us.

## In Vitro Fertilisation (IVF)

**Price:** £4110

### What is IVF, and who is it for?

In Vitro Fertilisation (IVF) is a fertility treatment that involves the fertilisation of eggs with sperm in a laboratory in order to create embryos. The embryos are then cultured outside of your body before being transferred to the womb.

IVF is suitable for a wide variety of fertility issues, such as when the fallopian tubes are blocked or there is unexplained infertility, and it can be carried out when the sperm parameters are within the normal range.

Reciprocal IVF is a treatment that often involves the sharing of eggs between two women within a same-sex relationship, in which one partner provides the eggs for treatment, and the other is the gestational carrier. The process of reciprocal IVF is the same as any other IVF treatment cycle.

### How does IVF work?

In IVF, the ovaries are stimulated with drugs to produce multiple eggs, which are then collected and placed in culture. On the same day, a semen sample is produced and prepared to isolate healthy sperm. If the sperm is frozen, it will be thawed and prepared on the same day. The eggs are then incubated with the sperm overnight. The embryos created are cultured in the laboratory for up to five days before being transferred to the womb. Any surplus embryos of good quality can be vitrified (frozen) for future use.

### Why is IVF important?

IVF can help people who are struggling to conceive naturally to become pregnant.

## Intracytoplasmic Sperm Injection (ICSI)

**Price:** £4110

**Price of ICSI using frozen eggs:** £2500

### What is ICSI, and who is it for?

ICSI is an alternative way of achieving fertilisation to IVF. It is offered to patients with a male factor subfertility diagnosis or to those who have had previous poor or failed fertilisation with IVF. It can be used to overcome issues of sperm quantity and quality.

### How does ICSI work?

Within ICSI, an individual sperm is identified under the microscope and directly injected into an egg by a clinical embryologist.

When eggs are collected, they are surrounded by a cloud of cells (cumulus cells) which help to nourish and mature the egg. These cells are removed before the ICSI process to aid in the visualisation of the egg and assessment of maturity. As only mature eggs can be injected, there may be fewer eggs available for treatment than in IVF.

After fertilisation, the next stages are the same as within IVF treatment, where embryos will be cultured in the laboratory and transferred into the patient's uterus up to five days after the egg collection.

### Why is ICSI important?

ICSI can help patients with reduced semen parameters have biological children, which was not possible before. It can also be used to achieve fertilisation in cases where previous IVF has been unsuccessful. Sometimes, when using frozen sperm, it is necessary to do ICSI if the sperm parameters after thawing require it.

### Comparing ICSI and IVF

Fertilisation rates following ICSI may be higher than IVF, as the sperm is placed directly inside the egg. However, pregnancy and live birth rates do not differ between the two.

#### *Further information*

The need for ICSI is determined by having a semen sample analysed under the microscope or by the results of previous IVF treatment you may have had. Please contact us if you have any queries regarding this treatment.

## IVF or ICSI for shared motherhood

**Price:** £4570



## Intrauterine Insemination (IUI)

**Price:** £725

### What is IUI, and who is it for?

IUI is the process of placing prepared sperm directly into the female uterus at the correct time of the menstrual cycle to try to achieve a pregnancy. It is important to note that the fallopian tubes must be open for the treatment to work. However, IUI can be successful if no other fertility issues have been identified.

This treatment may be favourable for some patients who have been trying to conceive for some time but do not want to have IVF or those who have difficulties with sexual intercourse. It might also be beneficial where there is a mild sperm issue, as the sperm preparation steps help to isolate the healthiest sperm for insemination and for women with ovulation issues.

IUI treatment with donor sperm can be offered to various patient groups. It may be required by couples for whom the male partner has no sperm present in the ejaculate or who carry a genetic or other condition that may be transmissible. It may also be required by single women or those in female same-sex relationships.

### How does IUI work?

The patient receiving treatment will be scanned at scheduled points in the menstrual cycle to determine the optimal time

to perform the IUI. This may involve taking medication and/or an injection, or the IUI may be done in a natural cycle using no medication, depending on the patient.

On the day of insemination, the patient's partner will produce a sperm sample which is then observed under the microscope and prepared for treatment. If the sample has been previously frozen, such as when using donor sperm, this will be thawed and prepared in a similar way.

At the time of insemination, the patient will have a speculum inserted into the vagina to clearly visualise the cervix. A fine catheter will then be passed through the cervix, and the prepared sperm will be pushed through the catheter into the womb.

After the procedure, the patient will take some medication to help support the lining of the womb. A pregnancy test is taken two weeks after the procedure. If the test is positive, a scan will be arranged to determine the viability of the pregnancy. If it is negative, the patient will be advised to stop the medication, and a period will occur.

### Why is IUI important?

IUI is a low-risk and minimally invasive technique which is also less expensive than IVF treatment.

## Frozen Embryo Transfer (FET)

**Price:** £1725

### What is FET, and who is it for?

FET is for patients who have already had IVF treatment and have frozen embryos as a result. This may be because they had surplus good quality embryos available after having a fresh embryo transfer or because all embryos were frozen in that cycle.

### How does FET work?

The patients' embryos will be thawed and placed into the uterus at the optimum time in the woman's cycle to try to achieve a pregnancy. This may be in line with her natural cycle or within a medicated cycle to help time the treatment.

The patient will be scanned at certain points during their cycle, which will determine when the embryo should be thawed and replaced. Medications may be supplied to help support the lining of the womb to be as receptive to the embryo as possible.

Two weeks after the transfer, the patient will perform a pregnancy test to determine whether implantation has taken place. If the test is positive, an ultrasound scan will be arranged to determine the viability of the pregnancy. If the result is negative, the patient will withdraw the medication, and a period will occur.

### Why is FET Important?

FET allows patients to attempt to conceive without the need to have a full cycle of IVF or ICSI treatment. This helps to reduce interventions, appointments and costs.

### Success rates and statistics of FET

Success rates of FET are comparable to fresh transfers. As with all IVF treatment, success rates will be dependent on patient and embryonic factors and hence will vary between patients.

## Ovulation Induction (OI)

Price: £345

### What is OI, and who is it for?

OI involves taking fertility drugs to stimulate ovulation and timing sexual intercourse to maximise the chances of achieving a pregnancy. This treatment is useful for patients who have irregular cycles or no cycles at all, for example, those with severe polycystic ovarian syndrome. For OI to be successful, the patient must have open fallopian tubes, and their partner must have a normal semen analysis.

### How does OI work?

During treatment, the ovaries are scanned to make sure they are responding to the drugs. The patient can test for natural ovulation by using home testing kits, or they

can take an injection to induce ovulation. Around the time of ovulation, the patient can have regular sexual intercourse or have intrauterine insemination of partner or donor sperm (see IUI page for information regarding this).

### Why is OI important?

OI is an effective treatment for those whose only fertility issues are with ovulation or irregular periods. It is a low-risk and minimally invasive treatment which is much lower in cost than IVF treatments.



## Egg Freezing

**Price:** £2875

Egg freezing may be considered for both social and medical reasons. For example, a patient may wish to preserve their fertility as starting a family is not a current consideration or because they are going to undertake some medical treatment which might impact their fertility in the future.

Within an egg-freezing cycle, the patient will take some drugs to stimulate their ovaries to produce more eggs. These are then collected under conscious sedation for patient comfort. The eggs will then be observed under the microscope to assess their maturity, as only mature eggs can be frozen. The mature eggs are then vitrified (a form of freezing) and stored until they are required. At a later date, the eggs can be thawed out and inseminated with sperm to create embryos. These can be transferred to the womb to try to achieve a pregnancy.

## Sperm Freezing

**Price:** £575

Sperm freezing may be considered for both social and medical reasons. For example, patients may wish to preserve their fertility ahead of medical treatment, which may impact their fertility, such as chemotherapy.

Patients may also wish to freeze a sample ahead of treatment if they may have difficulty producing a sample on the day or have a low sperm count. Sperm freezing may also be required for patients who are having surgical sperm retrieval prior to treatment. The sample will be frozen and stored at the clinic until it is required for use in treatment.

## Storage of frozen eggs, sperm or embryos

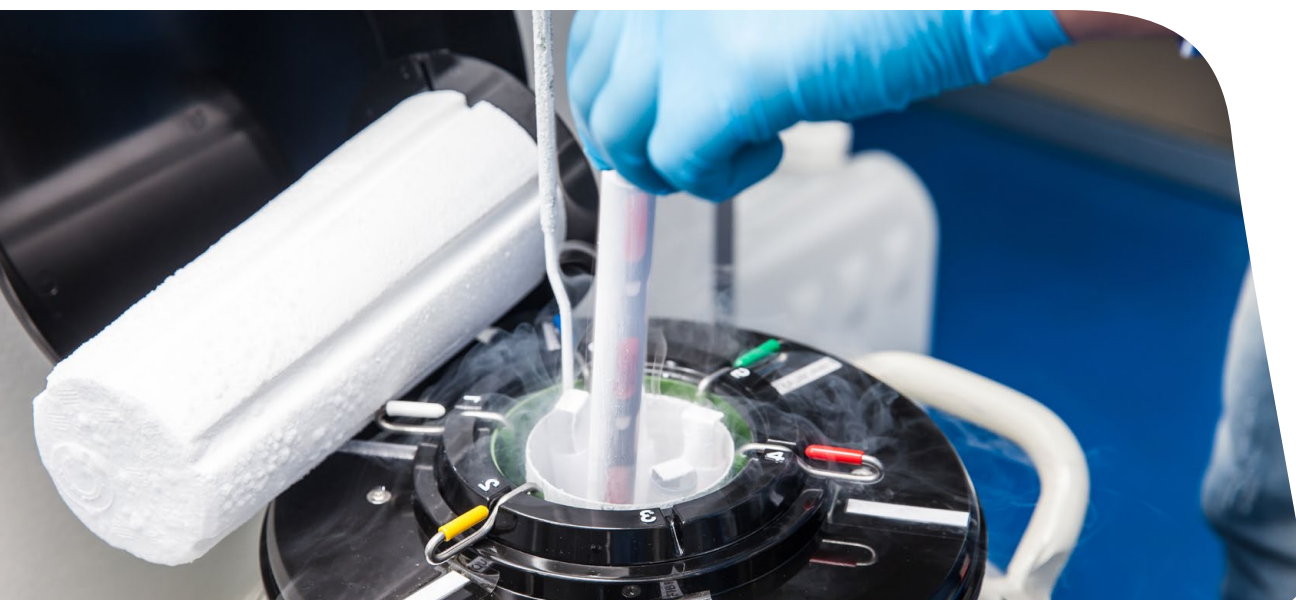
**Price:** £405/year

The first year of storage is included in the treatment price. After that, there will be one annual storage fee regardless of the number of eggs, sperm or embryos in storage.

## Transport of eggs, sperm or embryos

Import to Bridge Clinic London – Storage fee for 1 year £405 (it does not include courier fees)

Export from Bridge Clinic London – Administrative fee of £275 for national exports and £600 for international exports (neither include courier fees)





## Tests and scans

We need to complete tests and scans to ensure we are offering you the best treatment tailored to your specific needs.

If you have been through fertility tests or treatment before attending *Bridge Clinic London*, we will take these into consideration when deciding which further tests you need to have with us. We will talk to you about what tests and scans need to be completed or repeated at your first virtual consultation, or our service team will contact you to inform you what needs to be completed before attending your in-person consultation.

### Ovulation tests

#### *Assessment of ovarian reserve*

We may arrange for hormone tests that will help us assess your ovarian reserve (how many eggs there might be available). The test is a simple blood test called Anti Mullerian Hormone (AMH). This hormone is a marker of ovarian reserve.

#### *Baseline scan*

We will need to assess the health of the uterus (womb), its lining and the ovaries. We do this before beginning any treatment to assess if there is anything that may affect your chances of getting pregnant.

This assessment is usually completed by a vaginal ultrasound scan which uses a probe that is inserted into the vagina. You will be asked to remove your underwear and clothes on the bottom half of your body. It is a slightly uncomfortable procedure but should not be painful. If it is painful, please inform the clinician doing the scan.

#### *Assessment of the fallopian tubes*

In some cases, it might be necessary to assess if the fallopian tubes are open. A HyCoSy is an investigation of the fallopian tubes. It is not possible to see the fallopian tubes with normal x-rays or ultrasounds. This test involves the use of a dye (contrast agent) specially designed for use with this type of test. The dye is safe and will not affect future fertility or have any effect on the fallopian tubes; it is used so that we can see the fallopian tubes much better on the ultrasound scan.

#### *Semen analysis (if applicable)*

If you are having treatment as a couple and one of you will provide sperm, you may be asked to arrange an appointment to produce a semen sample if you have not had a semen assessment recently. We will measure the volume of semen, the concentration of sperm and the percentage of motile sperm. The results of this test will allow us to assess if there is sperm in the ejaculate and, if so, what treatment options are best suited for you.

### Photographic identification

One of the steps in ensuring that we can provide safe treatment to you and your eggs, sperm and embryos is to check and copy photographic identification for all our patients. Please bring either your passport or photographic driving licence with you to your in-person consultation.

### Producing a sperm sample for analysis

If you live within 60 minutes of our clinics, you can produce the sample at home and bring it to the clinic.

If you live further away, you might need to book an appointment and come into our hub in London to produce the sample, or we might be able to arrange a sperm analysis with another laboratory. We will advise you on this. We will discuss with you the outcome of the tests and scans at the in-person consultation.

Please be aware that we may be discussing sensitive personal information if you are coming as a couple, and please let us know in advance if there is anything you wish to discuss individually.

### Consenting at Bridge Clinic London

Consenting to medical treatment or procedure is a legal requirement. Fertility treatment is complex, and it has many implications, so it is important that you provide us with informed consent to ensure we follow your instructions throughout your fertility treatment.

There are two types of consent you will have to fill in: HFEA consent and our own *Bridge Clinic London* Fertility consent. We will guide you through the consenting process to ensure you are properly informed before signing any consent form. We will provide you with clear information at different stages, and this will allow reflection before you proceed with consenting to treatment. In order to help you understand the information and to make the consenting process easier, we are using the online service "Fertility Consents".

We will provide information, videos and consent forms directly to you via the portal. We will send you emails with the relevant links to specific items of information you need to see, and then before you start your treatment, we will ask you formally sign your consent forms. We will support you throughout and will send reminders to view, read or sign what is needed when it is needed.

In addition, the [HFEA website](#) has very useful information on consenting.

We look forward to welcoming you at Bridge Clinic London and to accompanying you on this exciting journey to parenthood.

Contact us:

020 3314 8386  
enquiries@bridgeclinic.london

**[www.bridgeclinic.london](http://www.bridgeclinic.london)**

London

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The entrance to Christopher Place is located between Nisa Newsagents (7-11 Chalton Street) and number 15 Chalton Street

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