



PATIENT INFORMATION SHEET

COVID AND FERTILITY

What is COVID-19?

COVID-19 is caused by a contagious newly identified virus SARS COV-2. The virus or bug is similar to those causing common cold but is more infective and can cause serious health problems as in pneumonia that may need admission to ICU especially in elderly, those with Diabetes or lung problems.

How does it spread?

The virus spreads mostly from infected individuals, while coughing or sneezing sending small droplets that are inhaled by a healthy individual. Contact with contaminated objects/surfaces an infected person recently touched or sneezed or coughed on may be another mode of spread. Subsequently touching eyes, nose or mouth with infected hands allows the virus to gain access into the body. The virus can be found in the saliva or the secretions from a runny nose of infected individual.

What are the symptoms of COVID-19?

The symptoms may be mild flu like including fever, dry cough, muscle pain, tiredness, loss of smell and in advancing cases breathlessness. Some individuals may have very mild or no symptoms and may go unnoticed despite infection. Most young people who become infected experience mild illness and recover, but for some it can be more severe.

How can we prevent spread?

In keeping with the mode of transmission, it is necessary we prevent spread of virus by following strict social distancing (keeping a distance of at least 2 mt with another person), wearing face masks at all times and frequent hand washing. Visit to hospitals only when called with no/one attendant will ensure your and safety. This will not only protect you but also our staff that is taking utmost care to help you. We appreciate your co-operation in these difficult times as we work hard to treat your infertility.

How does the virus affect body system and fertility?

We knew little about this infection 3 months back, but with increasing cases world over, we now have better understanding of the disease and its management. We understand that the virus attacks primarily the lungs and kidneys through specific sites of action called receptors. These receptors are not found on sperms, eggs or embryos as are developed during IVF process. These receptors are also not found in the endometrium or lining of the womb where the embryo attaches. With this knowledge, we are of the opinion that this infection should not affect the IVF process or be



transmitted to the potential baby born after fertility treatment. BUT we will NOT start any treatment in case you or your husband is suffering from COVID-19 infection. This will be confirmed after a history check and testing for COVID-19.

Effect of virus in case I get pregnant?

We have very little information to know if the virus passes from mothers to babies during the pregnancy. So far very few babies have tested positive once the mother had COVID later in pregnancy. But most babies were not infected. There are no signs that COVID-19 increases the risks of birth defects, although we know of only a few women who got the virus at this stage and are yet to deliver their babies.

The information on COVID infection and fertility is dynamic and growing. In times to come we will keep you updated with further available evidence.

Disclaimer:

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