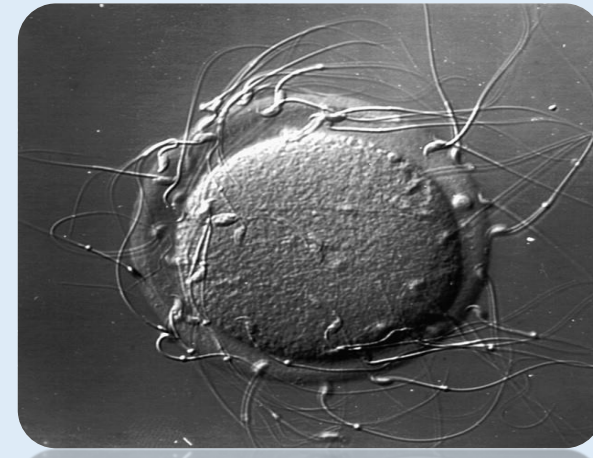




Directions

1. Wash your collected sperm and eggs with pre-warmed culture media at 37°C.
2. Mix the sperm and oocytes together in a tiny dish.



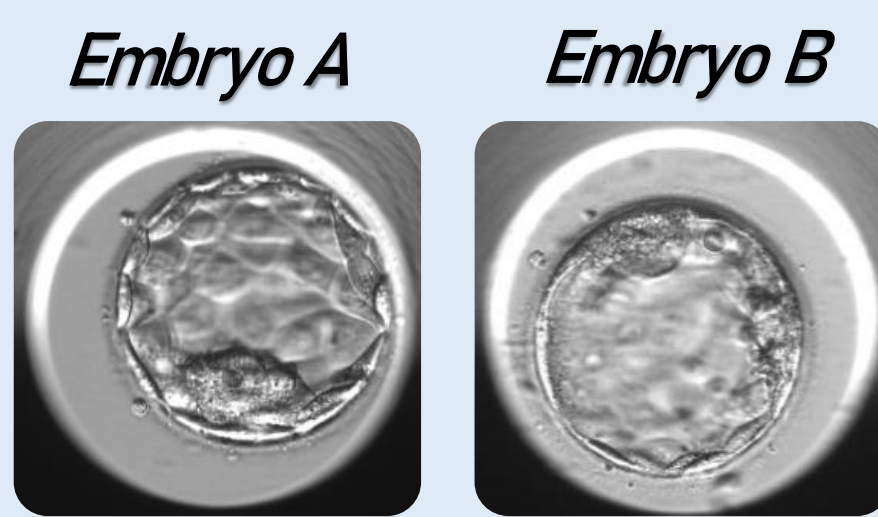
Tip! If the number of sperm collected is very low or the sperm are not the greatest of swimmers, use an ICSI rig, a specialised microscope system, to inject a single sperm of your choice into an egg.

3. Incubate the mixture at 37°C for 5-6 days in a warming oven until it turns into embryos.



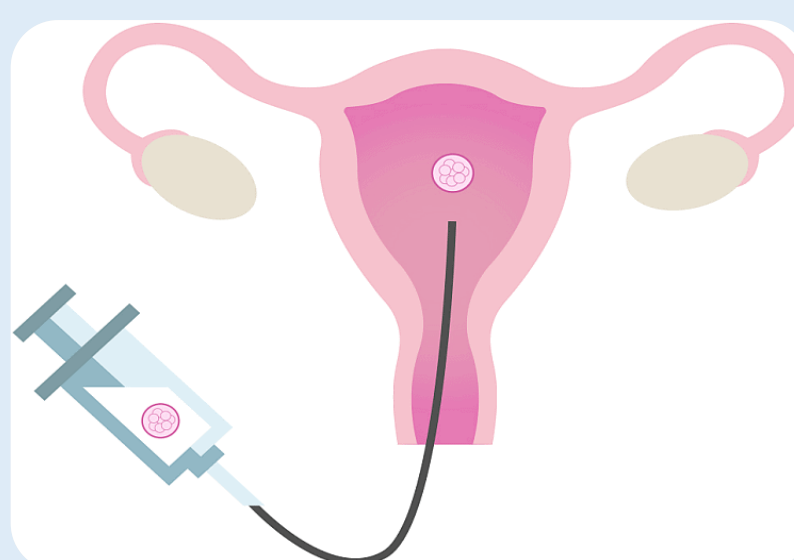
Fun fact! Our warming oven is not what you think it is! Embryologists use really cool ovens that take pictures in real time without them having to open the door. This makes sure that the embryos stay warm and keep growing uninterrupted!

4. After 5-6 days, check your embryos using the camera roll to see what they have been up to. Grade their morphology and select the best-looking one.



Let's play a game. Can you guess which embryo can become a "dream" baby? Even though Embryo A looks "prettier" than Embryo B to an embryologist, both can grow into healthy babies! So remember, looks can be deceiving...

5. Take the embryos out of the oven, but do not leave to cool down! Transfer one immediately to the womb of the mother-to-be.



Time to say goodbye! Pick your embryo with great care and move it into the womb of its mother. If your embryo is feeling a bit too lonely, send it off with some company. But remember, no more than two embryos can go in at the same time or it will get too crowded.

6. You can store any remaining embryos in the freezer.



The world's oldest frozen embryo twins! Meet Timothy and Lydia Ridgeway, a pair of twins born in October 2022 from embryos frozen in 1992!

Your work here is done. Even though it took you almost 6 days and a lot of hard work, this recipe can serve a lifetime of happiness!



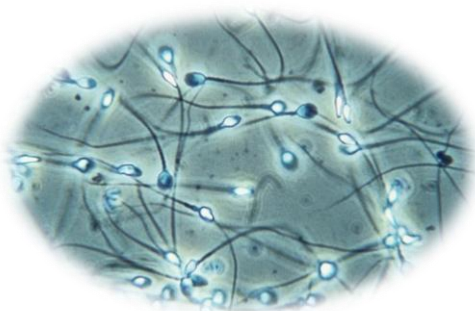
IVF baby recipe

with sprinkles of science and love

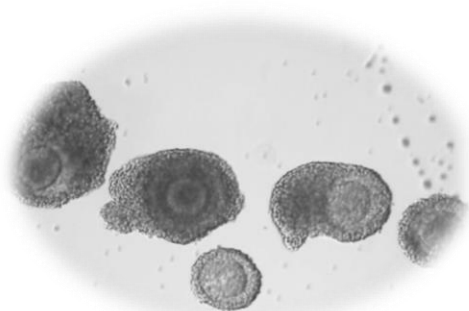


Around the world, 48 million couples per year dream for a baby, but are faced with infertility so they are unable to achieve a pregnancy naturally. This is where an embryologist comes in! We are a group of scientists who make "dream" babies come true...Do you want to know how? Just follow our recipe!

Ingredients



Millions of sperm

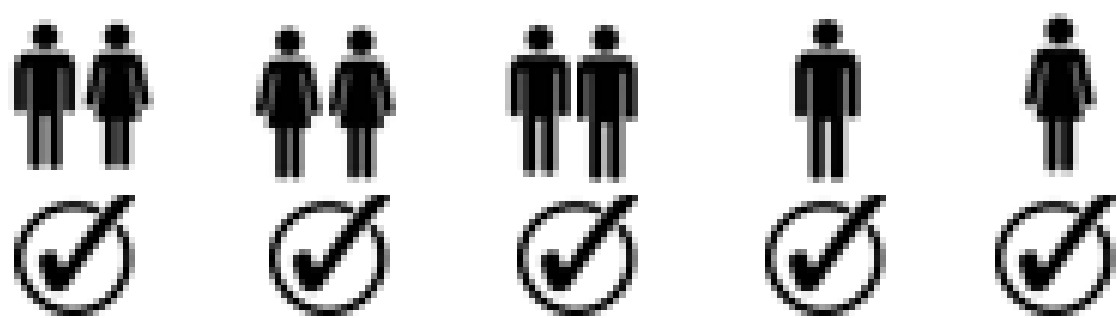


Several fluffy eggs



Lots of culture media!

Suitable for



Reviews

Lambrini Kourouniadou



Reviewed in the Assisted Conception Service, Glasgow Royal Infirmary
Verified Trainee Embryologist

"My favourite part of this recipe is how happy people seem to be when I serve it to them!"

Delia Androni



Reviewed in the Assisted Conception Service, Glasgow Royal Infirmary
Verified Trainee Embryologist

"I have been using this recipe since 2020 and it never fails to amaze me!"