





# Complete Fertility gives you the very best chance of having a baby

---

At Complete Fertility, our caring team understand your deep wish for a child and our goal is to make it a reality.

We work in partnership with you to develop a personal plan, using programmes based on the latest research, and individually tailor your treatment schedules to give you the very best chance of having a baby.

Located in Eastleigh our modern centre brings together experts in fertility medicine, providing first class care, and a complete approach, throughout your journey into parenthood.

“Thank you all so much for the excellent treatment and valuable advice and support you have given us. Everyone has been so friendly and approachable, always keeping us informed and never too busy to answer our questions – which has made our journey less stressful. We are both so grateful for all your hard work and everything you have done for us, to enable our baby dreams to come true.”

Martin and Jo



Blastocyst transfers are more likely to achieve a pregnancy and this is offered at no extra cost to all patients if medically appropriate. Our patients benefit from an early ultrasound scan to confirm pregnancy in successful cycles. Patients are offered a complimentary door to door taxi service on the day of egg collection and embryo transfer.



# We truly believe we offer a Complete approach throughout your fertility journey

---

## Here for you from the moment you start to think about having a baby

You can review your fertility status with our Fertility Check service to help you plan when to start a family. Our personalised preconception programme has been developed to optimise your health, nutrition and lifestyle before conception and help you achieve the highest chance of success together with a healthy pregnancy and baby.

## Leaders in patient-centred treatments

We are leaders in mild stimulation with lighter, shorter and much less stressful hormone treatments delivering optimal pregnancy rates. We offer a full range of fertility investigations and treatments.

## Fertility treatments and payment options to suit you

All patients including NHS and self-paying patients are welcome at Complete Fertility. We have no waiting lists for IVF, ICSI and IUI treatments. With our fixed price packages there is no need to worry about any hidden costs during treatment. Our egg sharing programme offers greatly discounted IVF treatment to women who choose to share half of their eggs.

## Supporting you all the way

We encourage all patients to meet with our professional Counsellors before they start treatment. This personal and emotional support comes at no extra cost and is offered throughout treatment.

## Committed to sustainability

We offset the carbon emission on the first year of nappies for every child born from Complete Fertility's treatments (in partnership with Carbon Clear).

# Personally tailored consultations, a full range of tests and assisted conception treatments

---

Your Consultant will discuss in detail your optimal course of treatment after assessing your personal circumstances and the results of any investigations.

## Fertility Check

Provides a comprehensive picture of your personal fertility to support your family planning.

## Pre-conception Programme

Raises your awareness of the impact your lifestyle has on your chances of conception and aims to optimise your wellbeing for a healthy pregnancy. It has been proven that women and couples with a healthy lifestyle before they start trying for a baby have a positive lifetime effect on the health of their child.

## Ovulation Induction

Medical stimulation is used to increase your chance of an egg being produced if you are not ovulating regularly.

## Mild Stimulation IVF/ICSI

A more 'patient-friendly' fertility treatment process with softer, shorter and less stressful hormone treatments than traditional IVF and ICSI whilst optimising the quantity and quality balance of eggs obtained.

## Intra-uterine Insemination (IUI)

Best quality sperm are placed in the womb during ovulation. Sperm can be your partner's or from a donor.



### In Vitro Fertilization (IVF)

Eggs and sperm are collected and fertilised in the laboratory. The embryo is then transferred into the uterus to continue hopefully to pregnancy.

### Intracytoplasmic Sperm Injection (ICSI)

A single sperm is injected directly into each egg in the laboratory. The embryo is then transferred into the womb. ICSI may be recommended when there are concerns about the sperm quality.

### Sperm, Egg and Embryo Freezing

Your fertility can be preserved for personal reasons or if you are about to start cancer treatment that could damage your sperm or eggs.

### Frozen Embryo Transfer (FET)

Frozen embryos from a previous course of fertility treatment can be thawed and placed in the woman's womb to attempt pregnancy again.





“After my family was complete it seemed such a waste that my eggs would be unused. I didn't want more children but I wished the same happiness for other, less fortunate couples.”

Laura, Egg Donor



## Egg Sharing

You may choose to undergo an IVF cycle and share half of your eggs with another woman who is unable to produce her own eggs. You will benefit from a greatly reduced fee and the recipient will have the chance of conceiving too.

## Donor eggs and sperm treatments

Complete Fertility has a large high quality sperm bank for patients who require donor insemination. All our donors are background checked with extensive screening and medical examinations.

We have both altruistic egg donors and egg-sharing donors who undergo a comprehensive screening and assessment programme to ensure their suitability.

Our team will discuss with you the most appropriate treatment option to give you the best chance of having a healthy baby.

## Becoming an egg or sperm donor

The gift of life through egg and sperm donation is a truly valuable and honourable act that positively changes the lives of women and couples who would not be able to conceive without your donation.

“We are so grateful for the Centre’s help in achieving our dreams of having a child and so thankful for the donor who without we would not have our beautiful baby girl.”

Janine and James



“All staff at the Centre were absolutely brilliant – totally professional and supportive at all times. We couldn’t have wished for a better service and would recommend the Centre to anyone.”

Tracy and Neil

## First steps to treatment

---

Our caring team works with you to develop a personal conception plan, giving extra one-to-one doctor, nursing and embryologist time to perfect it. Before starting treatment we encourage all patients to meet with one of our Counsellors who will offer emotional support before, during and after treatment.

You can be referred to the Complete Fertility Centre by your GP or Consultant Gynaecologist, or you can self-refer.



Your first appointment will be with one of our Consultants to discuss your fertility history and the results of any investigations you have had already including blood tests, an ultrasound scan and a semen analysis. We will book these investigations if necessary. Your Consultant will discuss the pros and cons of each treatment option including the likelihood of success and possible side effects, and develop your personal conception plan with you to give you the best chance of achieving a healthy pregnancy.



Your next appointment is with one of our Nurses who will talk through your treatment schedule in more detail and how to administer any medication required.





## Our Laboratory staff

Our fertility embryologists and laboratory technicians have joined Complete from around the world and provide a first class laboratory service. They care for your gametes whilst they are outside your body using special incubators to simulate the natural environment of your body. The team prepare sperm samples ready to inject into the eggs. They care for your embryos each day that they are outside of your body and select your best embryo with the highest chance of a healthy pregnancy to be transferred to your womb.

# Supportive, professional team of fertility experts

---

We have brought together experts in fertility from the top fertility clinics in the world.

## Our Consultants

Our Consultants are leaders in the fertility field. Their work in ground breaking fertility research projects has influenced modern fertility practice across the world. Your Consultant will develop an individualised conception plan to ensure your fertility treatment is tailored to your specific needs.

## Our Nurses

All our fertility nurse specialists have been trained to a high standard and are committed to their patient's wellbeing throughout treatment. You will be assigned a personal fertility nurse specialist to help you at every stage. Our nurses are on hand to discuss any concerns you have during your treatment.

## Our Counsellors

Our Counsellors are committed to your wellbeing. You are encouraged to meet with our professional Counsellors before, during and after treatment to provide you with personal and emotional complimentary support.

## Our Administration staff

Our office and administration staff understands the emotional and private nature of fertility treatment. They will assist with your fertility journey to ensure you are treated in a professional, courteous, understanding and sensitive manner.

“To all at Complete – we can't thank you enough.”

Charlie



“Thank you all so very much for your support throughout our journey and your amazing skill and research which has given us our miracle baby Ellena. Many, many thanks and we will always be indebted to you.”

Emma, Richard, Imogen and Baby Ellena



# Contact us

---

## To book an appointment

Please call us on 02380 010 570 or email us at [info@completefertility.co.uk](mailto:info@completefertility.co.uk).

## Open evenings

We hold regular open evenings where you will hear talks by one of our consultants, an embryologist and a nurse specialist, followed by a guided tour of the Centre.

We discuss what to expect on your fertility journey including an explanation of the investigations and treatments available and the support we offer.

There is also the opportunity to ask one to one questions with our team.

To book a place at our next open evening call 02380 010 570 or email us at [info@completefertility.co.uk](mailto:info@completefertility.co.uk).

## More information

To discuss your personal fertility needs please call us on 02380 010 570 or email us at [info@completefertility.co.uk](mailto:info@completefertility.co.uk).

For more information including our up to date success rates and prices please visit us at [www.completefertility.co.uk](http://www.completefertility.co.uk).

## Complete Fertility Centre Southampton

3 Hampshire House,  
Templars Way,  
Chandler's Ford,  
Eastleigh SO53 3RY

T 02380 010 570  
E [info@completefertility.co.uk](mailto:info@completefertility.co.uk)  
[www.completefertility.co.uk](http://www.completefertility.co.uk)

We have an International Advisory Board of eight global experts in fertility medicine.



### *Our promise*

*We understand your deep wish for a child and our goal is to make that wish a reality. Using the latest proven techniques, we work in partnership with you to develop a personal treatment plan that will give you the very best chance of completing your family at the earliest opportunity.*