

*New beginnings happen
every day at Sims IVF*



sims IVF

a commitment to care



Welcome

Sims IVF has provided IVF treatment to couples in Ireland since 1997. Our aim now, as it was then, is to bring the joy of a family to those who need help with their fertility and to help people in a confidential, professional and caring manner.

We believe in the importance of mind and body in our treatment of infertility and we have established our Mind / Body programme and specialised counselling services to guide our patients.

Responding always to the needs of our patients, we have grown steadily to become the largest and most innovative IVF clinic in Ireland. We now provide advanced testing techniques, some of which are unique to Sims including Reproductive Immunology, Sperm DNA fragmentation testing and Anti-Müllerian Hormone (AMH).

We are leaders in reproductive medicine: First to introduce Donor Gamete (using egg or sperm donors). First to practice Blastocyst Culture and Transfer. First to introduce IMSI into Ireland.

During your journey through infertility management, we want you to be confident that you are receiving the very best care and treatment, both emotional and medical.

Our commitment is to care for you, so that you can realise your dream of having a baby.



Dr Anthony Walsh MD.
FRCOG. MRCPI.

Medical Director

About Sims IVF Clinic



The emotional and psychological impact of infertility can be extremely difficult. While one in six couples encounter fertility problems, each person is unique in terms of the support, care and treatments they require.

Choosing the right fertility clinic can be confusing. Valuable time and money can be wasted on treatment centres that don't have the know-how or expertise to explore all of your options fully.

45% of IVF patients have already received treatment before they attend Sims. As a result, we are experienced in caring for people whose treatment has failed elsewhere. We take pride in being able to offer hope to patients, from Ireland and abroad, with more complex fertility diagnoses.

A number of people that come to us have received no prior treatment and aren't even sure if they have serious problems with conception. We have a straight-forward, low-cost 'His and Hers Testing' facility at Sims, to help you to identify any potential problems, if conceiving a baby is taking longer than you had anticipated.

We moved to our modern, hi-tech clinic in Clonskeagh in April 2011. We are at the cutting edge, providing some of the most advanced and successful testing programs, and IVF treatments to our patients. The design of our new clinic is based on aspirations and structured from feedback we have received from our patients over the past 15 years.

*Sims IVF clinic is a sanctuary
- a place where respect, confidentiality
and medical excellence reside.*

Our Five Core Principles



We have dealt with thousands of patients since we opened in 1997 and it is their needs that govern the care we give, the treatments we offer and the type of environment we provide.

It is not possible for all of our patients to achieve the dream of a child. The making of a good clinic is how you support the patients that don't achieve their dreams. If you are unsuccessful, we have the resources in place to support you and your partner and to help you come to terms with your disappointment.

We adhere to **Five Core Principles** to ensure that you as a patient get the best possible care, in order to maximise your chances of becoming pregnant and having a healthy baby.

- 1 **A Commitment to Care**
- 2 **Advanced Infertility Testing**
- 3 **State of the Art Facilities**
- 4 **Leaders in Reproductive Medicine in Ireland**
- 5 **Excellent Results**

Our commitment is to care for you, so that you can realise your dream of having a baby.

A Commitment to Care

Listening to and understanding the nature of an infertility problem is the most important first step for our patients and for us. At Sims IVF you are welcomed into a confidential and supportive environment.

Our online resource centre gives our patients step-by-step guidance, information and even video instructions for medication.

Our Mind / Body programme is available to you in conjunction with our medical care and the programme aims to alleviate some of the stress involved with IVF treatment. We have a number of clinics each month to help those who need to focus on and address issues such as nutrition and diet, psycho-sexual problems, and stress.

We have a full-time resident counsellor to provide guidance and support when you need it. We have a Medical Acupuncture Clinic or you can invite an acupuncturist that you have chosen to help you through the critical times during your treatment process.

We genuinely believe that the support and care that we give to each of our patients, is absolutely critical. Some people succeed in having a baby, and some do not. Our aim is to help you to achieve peace of mind, no matter what the outcome. We help you in every way we can to maintain a positive focus on your relationship, your general health and your emotional well-being.

We value your time, as much as you do and our waiting rooms are as fast and efficient as possible. We have a large car park, internet access and refreshment areas. We continuously seek feedback from patients to help us to improve our service.





Advanced Infertility Testing

At Sims, we are at the forefront in providing advanced infertility testing. We have a number of tests that other clinics in Ireland do not perform – tests that could mean the difference between having a baby or not succeeding.

We provide testing for Female Fertility problems:

Ovulatory

Reproductive immunity testing

Polycystic ovaries

Endometriosis

Tubal blockage

Ovarian reserve

We also provide testing for Male fertility problems:

Abnormalities in semen production

ADDITIONAL TESTING PROVIDED BY SIMS IVF

We have implemented advanced testing techniques, some of which were first introduced by Sims:

Reproductive Immunology

In some cases, fertility problems and positive response to IVF can be hampered by the immune system which can affect the newly-implanted embryo. We have set up a Medical Immunology Clinic offering auto-immune testing and treatment, this can significantly improve the chances of implantation.

Sperm DNA fragmentation testing

DNA fragmentation occurs when there is damage to the sperm DNA. If a damaged sperm is accepted into an egg for fertilisation, poor quality embryos or miscarriage can result.

A test is available that can assess whether sperm is at risk of DNA damage or if DNA fragmentation already exists. This test is routinely offered at Sims IVF.

Anti-Müllerian Hormone (AMH)

AMH can accurately predict how your ovaries will respond to fertility drugs, which is critical to success. Sims introduced a recently developed test to evaluate the AMH which helps us to tailor our approach to your treatment so that we can achieve greater success.

The AMH test is performed at our laboratory attached to the Sims IVF clinic.

Medical Endocrine Clinic

Sims also established a Medical Endocrine Clinic to enable us to test for any hormonal imbalances that could adversely impact your ability to conceive.



State of the Art Facilities

We have invested significantly in state of the art facilities for our new clinic. For those who go on to testing and treatment, our facilities are excellent. We have 3 operating theatres and a 5 room ultrasound suite to minimise waiting times. There are 10 private recovery rooms.

Fertility Laboratory Ireland, our onsite medical testing partners, provide the most up to date testing expertise and facilities for our patients.

Our website contains guidance for patients whether that be explanations about treatments or step by step videoed instructions to help with medication.

Leaders in Reproductive Medicine in Ireland

We strive to lead reproductive medicine in Ireland. We are responsible for the first Donor Gamete (using egg or sperm donors) programme, in the country. We are also the first practitioners of Blastocyst Culture and transfer. New from 2011, we are the first clinic in Ireland to provide IMSI (Intracytoplasmic Morphologically-Selected Sperm Injection).

SIMS IVF PROVIDES THE FOLLOWING INFERTILITY TREATMENTS:

Reproductive Immunology

Ovulation induction and cycle monitoring

Intra-uterine Insemination (IUI)

– using partner's sperm or donor sperm

In Vitro Fertilisation (IVF)

Treatment of male infertility

Intracytoplasmic Sperm injection (ICSI)

Intracytoplasmic Morphologically-Selected Sperm Injection (IMSI)

Surgical sperm retrieval (TESE)

Assisted Hatching

Blastocyst Culture and Transfer

Semen freezing

Embryo Freezing and replacement

European Donor Egg (EDE) Programme

We want to continue to provide the latest treatments in the future. Our team is working on introducing Vitrification of embryos which minimises the damage caused by freezing and thawing of cells.



Excellent Results

As Ireland's number one clinic for IVF we are proud of our results. Many of our patients come to us, because they failed to become pregnant elsewhere and then discover that Sims IVF offers a superior and more advanced solution to their problems.

Our success rates reflect our high standards and our expertise.

Our doctors remain at the forefront of IVF technology. We enjoy a close association with Boston IVF / Harvard Medical School.

Learning from our experience and that of our international associates we strive for excellence in the provision of reproductive medical care to those who need it.

We provide training for medical students from the Royal College of Surgeons.

Thousands of babies have been born to Sims Clinic patients since our inception in DCU in 1997.

Let us listen to your concerns and offer our expertise.



We are an Academic Unit providing teaching for the students of the Royal College of Surgeons in Ireland.



We provide teaching for Post-graduate Doctors from the Danylo Halytsky Lviv National Medical University, Ukraine.



Our Quality Management System is accredited to the standard of I.S. EN ISO 9001 by the National Standards Associated of Ireland.



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