

When Having A Baby Isn't That Simple

*Understanding the basics about fertility
and your options from Wilmington's
experts in fertility care.*



For many paths, a single destination: *Parenthood.*

If you are trying to become pregnant and things aren't moving as quickly as you would expect, it can come as a surprise. After all, you may have spent years using birth control to avoid a pregnancy. Or perhaps you're in a same-sex relationship and expected that growing your family might involve a bit of science.

There are many reasons why people need help conceiving, but the good news is that fertility is a well-established field of care with many options to help individuals and couples become pregnant.



Why Wilmington Fertility Center?

We are the first and only IVF center in Wilmington. Our mission is your success.

We bring parenthood closer – no more 3-hour drives to the nearest IVF center.

We deliver high success rates and the expertise to solve complex cases.

We are proud members of the national Boston IVF network, which has assisted in 125,000+ babies born.

We believe in reproductive freedom and inclusive care for ALL people.

Every journey is easier with an expert who knows the way.

Have questions about fertility? We can help.

Available via phone or email, our New Patient Care team has deep experience helping patients who are just starting their fertility journey or transitioning from another provider.

For anyone considering Wilmington Fertility Center, the New Patient Care Team is here to offer inclusive, judgment-free answers and advice — without any pressure of committing to treatment.

We're bringing parenthood closer. Literally.

Wilmington Fertility Center serves patients in North Carolina and beyond with a full-service fertility center and IVF laboratory.

CONTACT OUR NEW PATIENT CARE TEAM

910.444.1980
wilmingtonfertilitycenter.com

5815 Oleander Drive, Ste. 240
Wilmington, NC 28403



People arrive at Wilmington Fertility Center from all walks of life, carrying hope and heartbreak with one common goal – *to fulfill a dream of parenthood.* We stand alongside each patient in their unique journey and provide the most innovative scientific protocols and treatments to help them become a parent in the shortest time possible.



What’s the problem?

Many things have to go right to become pregnant: the sperm and egg have to be in the right place, at the right time.

Some things that might keep that from happening:

- **Male Partners:** Low sperm count, erectile dysfunction, or testicular trauma can prevent sperm from meeting up with the egg.
- **Female Partners:** Not ovulating, having low egg reserve, or problems with the uterus or fallopian tubes like scar tissue can disrupt that delicate process.
- **Same-Sex Couples or Single Parents by Choice:** “Trying” involves a third party by necessity.

Without any complicating factors, most people will conceive within 12 months of trying.

SO, WHEN SHOULD YOU SEE A DOCTOR?

- Age <35 and 1 year trying; Age 35–40 and six months trying; Age 40+
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- If you have cycles shorter than 25 days or longer than 35 days
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- If you’ve had a miscarriage
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- If you’re growing your family as an LGBTQIA+ individual/couple or a single parent by choice
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Meeting with a fertility specialist can feel like a big step. Take it with confidence at Wilmington Fertility Center.

Choosing a fertility care provider

Your general practitioner, OB-GYN or insurance company may make a referral to a fertility doctor trained in reproductive endocrinology.

Here are some things to take into consideration when considering a provider:

- **Locations:** Fertility treatment may require frequent testing or monitoring. Find a provider that is close to your home or work to limit life disruptions.
- **Experience:** Identify a trusted provider for your journey who draws from a longstanding tradition of advanced fertility care and gives you the best chance of becoming a parent.
- **Clinical Affiliations:** Certain providers are active in academia and research, which offers benefits to patients including the possibility of participating in clinical trials.

About fertility testing

Any fertility provider is going to want to get to the bottom of what’s going on with your fertility.

At Wilmington Fertility Center, we start with a comprehensive workup to understand some important details including:

- How many eggs a person has in their ovaries
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- If the ovaries are ovulating properly
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- The quality of a person’s semen
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- The shape and condition of the uterus and fallopian tubes



IVF and so much more

In addition to the first-rate IVF care we deliver, Wilmington Fertility Center offers parents-to-be many options for assessing their fertility and pursuing parenthood, including:

- Fertility assessments and second opinions
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- Conception assistance using medicated ovulation cycles, IUI and IVF
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- Egg freezing
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- Genetic testing
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- Third-party reproduction (Donor sperm, etc.)
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- LGBTQIA+ fertility

The fertility world is full of shorthand. Here are some good terms to know:

- IVF:** In vitro fertilization is a form of assisted conception where an individual’s ovaries are stimulated with medication to develop many mature eggs. The eggs are retrieved under anesthesia and fertilized in the laboratory. Over the course of several days, some will grow into embryos viable for transfer to the individual’s uterus in hopes of becoming a pregnancy.
- IUI:** Intrauterine insemination assists in conception by placing sperm directly into the uterus during peak fertility to improve chances of conception.
- ICSI:** Intracytoplasmic sperm injection is a procedure where a single, live sperm is injected into a single, mature egg under a microscope.
- EGG FREEZING:** A service that preserves an individual’s future fertility by using medications to stimulate their ovaries and retrieve mature eggs. Egg freezing essentially “pauses” their biological clock until they wish to become pregnant.
- PGT-M:** Preimplantation genetic testing for monogenic gene defects is a laboratory test performed on an embryo. This test helps to identify specific genetic abnormalities and reduces the risk of passing on a known, inherited condition.
- PGT-A:** Preimplantation genetic testing for aneuploidies is another lab test that screens embryos for major chromosome abnormalities. It allows doctors to select the most viable embryos for embryo transfer.

