

# Ovarian Rejuvenation Program

## The process at Demeter

This Ovarian PRP surgical procedure consists of taking a blood sample from you, we collect the blood from your arm like a normal blood test, then prepare the blood in a centrifuge machine to extract Platelet Rich Plasma (PRP). The PRP is then injected into your ovaries. The recommended number of procedures is three (3) and the timing of these procedures and any subsequent fertility treatment within 3-4 months of the initial procedure.

## The Process

- The initial procedure takes place in hospital under general anaesthetic via laparoscopy (key-hole surgery), in order to gain exact visibility of your ovaries and ensure pin-point accuracy for the initial injection site.
- In many cases the second and third procedures can be performed under local anaesthetic in our clinical procedure rooms. If this is not possible for you, for many potential reasons, this will be discussed with your after your initial PRP, when Dr Knight has more information from the procedure.

### Initial procedure

Dr Knight performs the initial surgical procedure in Waratah Private Hospital on his surgical list every second Monday. To book this you will need to discuss with the admin team to finalise a day and make payment prior to the procedure. The Tuesday following your procedure you will need to see Dr Knight for a post-operative consultation to ensure you are recovering normally.

After your post-op appointment, you will have a consult with one of our monitoring team to discuss the next steps in your treatment plan and answer any of your questions.

### Following procedures (second and third PRP)

Timed to coincide with your next two (2) periods with the aim to perform these procedures a few days prior to your ovulation. This means we will monitor your hormone levels closely via blood tests and potentially ultrasounds (similar to undergoing an IVF cycle).

When the timing is appropriate your procedure will be booked in with our admin team (assuming local procedure) and payment will be taken prior. This is usually a half day appointment as we need to collect your blood approximately 1 hour prior to the injection in order to appropriately prepare it. For the local procedure you will be provided with pain medication.

### **REMEMBER:**

If you have received this information, and before reading it, please ensure you have had a consultation with Dr Knight and Ovarian Rejuvenation has been recommended and is right for you.

As outlined by Dr Knight during your consultations, significant research reports three (3) PRP procedures in close proximity followed shortly after by fertility treatment sees the most successful outcomes.

## Costs

The Ovarian Rejuvenation Therapy Program (ORT) costs \$9000 total

This is payable in three payments;

- \$5000 for the initial procedure
- \$2000 each for the follow up procedures

Payment is due prior to the procedures taking place and when booking the procedures with our admin team.

### Additional Costs:

There may be other costs external to Demeter Fertility that you need to fact in including:

- Hospital fees for the initial procedure (and follow up procedures if performed in hospital). If you have health insurance, this may be covered. It's important to contact your insurer directly.
- Anaesthetic fees. An anaesthetist is required for any procedures performed in hospital under general anaesthetic, this doctor will set and charge his own fees. We may not know until a few days prior to your procedure who the anaesthetist is, they will contact you directly for payment.
- Any external ultrasound scans and some bloods may attract fees, in order to reduce this cost you can opt to have any scans done with our team at Demeter Fertility at no charge

Further fertility treatment costs are billed separately and discussed with you specific to your treatment plan. For information regarding treatment after ORT, please contact our admin team or if already provided refer to the information sheet 'Cycling after ORT'.

## FAQs

1. How many procedure are recommended?

Three (3) Ovarian PRPs are recommended in a 2-3 month span to see optimal results.

2. Can I just do one PRP?

Yes, you can do as many or as few as you would like but research suggests 3 in the recommended time frame is optimal.

3. Can I space out the PRPs?

Yes, you can undergo your treatment how you would like, but we will always recommend the optimal timeframe.

4. When should I do fertility treatment after I finish the PRPs?

It is recommended to do as many egg collections in the three months following the last PRP, for more information on cycling post ORT please contact our admin team.

5. Can I try naturally after PRPs?

It may be possible, however your doctor will recommend what is most relevant to your situation.

6. Can I have all my PRPs under local anaesthetic?

No, the initial PRP will always be under general anaesthetic as the first surgery requires more precision and access to your ovaries.

7. Is the procedure covered by medicare?

There is a small rebate associated with the initial procedure however medicare does not cover any follow up procedures.

8. Is the procedure covered by my healthfund?

You may be covered for some of the initial procedure, hospital fees and anaesthetic but you will need to check directly with your fund.