

Centre for Infertility Treatment

The aim of the Centre of Infertility Treatment of the East Tallinn Central Hospital is to help find solutions to the problems of infertile couples. Our knowledge, skills and technology make it possible to use the latest methods of fertility treatment.



Infertility is defined as a situation where a couple has not developed pregnancy after at least a year of regular sexual activity. Infertility is a major social and emotional problem both for society and for the couple directly affected by it. According to various studies, the number of infertile couples in the population ranges from 15 to 20%, so the problem of infertility affects every fifth to sixth family in Estonia.

It is believed that infertility is due to the health of the woman in 1 out of 3 cases, due to the health of the man 1 out of 3 cases, and in approximately 1 out of 3 cases it is a combined infertility or the reason remains unclear. In most developed societies, the clear cause remains unknown since there are thousands of factors which affect infertility and all of them cannot be assessed.

When turning to infertility treatment, we first try to identify the reason for infertility and then a suitable treatment method can be selected.



Effectiveness of infertility treatment

From the start of our activities in 1996 to this day, the number of in vitro fertilization procedures at the Center for Infertility Treatment has increased by a factor of more than ten. The effectiveness of treatment and the number of pregnancies both increase in conjunction with advancements in fertility treatment.

Our Center has modern equipment with extensive capabilities, we use the most effective treatment methods recognized around the world.

In case of indications, it is possible to use donor gametes (egg cells, sperm cells).

In 2018, we assisted in 288 pregnancies.

Infertility is a problem which affects partners equally.

If you have wanted and tried to get pregnant, but have been unable to do within the period of one year, then we suggest booking an appointment with our highly qualified and experienced gynecologists.

A referral letter is not necessary for an appointment. It is recommended that you come to the appointment with your partner.

If infertility is suspected, women and couples seeking treatment will first be advised by doctors at the Center for Infertility Treatment. In order to identify the causes of infertility, various infertility studies for both women and men are carried out at our Center. Then the treatment can begin. Once the diagnosis has been confirmed, midwife's appointments take place for advice and analysis.

The tests, procedures, different treatment methods, medication used and legal documents regarding infertility treatment are explained to you by midwives.

Services

[Infertility treatment gynaecologist's appointment](#)

[Infertility treatment andrologist's appointment](#)

[Counselling for women/couples needing infertility treatment](#)

[Appointment with a midwife by a woman planning infertility](#)

treatment

Psychological counselling

Insemination (IUI – Intrauterine Insemination)

The use of donor sperm cells (1 dose)

In vitro fertilisation IVF

Donor egg cells and frozen egg cells in-vitro fertilisation method

Embryo transfer

The preservation of embryos for 1 year

Obtaining spermatozoa from testicles or epididymis by biopsy

Freezing and preservation of egg cells for 6 months (from the day of freezing)

Freezing and preservation of sperm cells for 6 months (from the day of freezing)

Freezing and preservation of gametes for 3 years (after services T6660 and T6663). Maximum period of the preservation is 12 years.

Use of donor egg cells for in-vitro fertilisation

Oxidative stress test from seminal fluid

In-depth seminogram

Seminogram

Uterine mucosa (endometrium) receptive test

[beReady test \(uterine mucosa endometrium receptive test\)](#)

[Fallopian tube patency test with ExEm foam](#)

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