

Understanding Gender Selection IVF

Questions to Ask & What to Expect

A Patient Guide from Bay IVF, Palo Alto



1. Why Patients Consider Gender Selection IVF

For many couples, gender selection isn't just about preference — it's about **family balance, medical concerns**, or simply the **desire to plan their family with intention**.

At Bay IVF, we understand that each journey is deeply personal. Our role is to provide clarity, comfort, and expert medical guidance — without judgment.

Common motivations include:

- Balancing an existing family (e.g., one daughter, now hoping for a son).
 - Avoiding genetic or sex-linked conditions.
 - Coordinating family planning timing and age considerations.
 - Including gender testing as part of routine IVF genetic screening.
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2. How Gender Selection IVF Works

Gender selection is performed as part of an IVF cycle that includes **genetic testing of embryos (PGT)**.

The simplified steps:

1. **Egg Retrieval:** Eggs are collected after a gentle ovarian stimulation.
 2. **Fertilization:** Eggs and sperm are combined in the lab (often using ICSI).
 3. **Embryo Growth:** Embryos develop to the **blastocyst** stage (day 5–7).
 4. **Genetic Testing (PGT-A):** A few cells are gently biopsied and tested for both chromosomal health and biological sex (XX = female, XY = male).
 5. **Embryo Cryopreservation & Storage:** Embryos are stored in liquid nitrogen until they are transferred into the uterus.
 6. **Frozen Embryo Transfer:** A healthy embryo of your chosen sex is transferred into the uterus.
 7. **Follow-up:** We continue to monitor your progress closely until early pregnancy is confirmed.
- ❖ **Accuracy:** Very close to 100% for identifying embryo sex.
 - ❖ **Safety:** The biopsy is performed at the blastocyst stage, minimizing risk to the embryo.
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3. Key Questions to Ask at Your Consultation

When you meet with Dr. Polansky and our team, here are questions that can help guide the conversation:

- Am I a good candidate for Gender Selection IVF?
 - What will my timeline look like from consultation to embryo transfer?
 - How many embryos do I need for meaningful gender choice?
 - How does PGT testing affect my IVF success rate?
 - What are the additional costs?
 - Can I combine Gender Selection with other treatments (like Donor Egg IVF)?
 - How many visits are required at your clinic?
 - What is your team's experience with PGT and embryo biopsy?
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4. What to Expect Emotionally and Practically

It's normal to feel a mix of excitement and nervousness.

Our small, dedicated team — from your first phone call to embryo transfer — will guide you with honesty and compassion. Expect:

- **Clear communication** at every stage.
- **Realistic timelines** and cost transparency.
- **A single doctor and a cohesive team** — not a rotating staff.
- **Follow-up support** even after your treatment cycle ends.

Our philosophy:

Every family's path is unique, and your reasons are valid. We are here to help and guide.



5. Take Your First Step

If you're ready to explore whether gender selection is right for you:

Call or text Bay IVF at 650 322 0500

Or request your consultation online at BayIVF.com



During your first visit, you'll receive:

- A review of your fertility profile and options
 - A personalized treatment plan
 - Transparent cost and timeline overview
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6. About Bay IVF

Bay IVF is a boutique fertility clinic in Palo Alto led by Dr. Frank Polansky, M.D., offering personalized advanced reproductive care with a focus on comfort, clarity, and compassion.

Our clinic has helped thousands of Bay Area couples build their families using advanced technology — without losing the human connection that truly matters.