



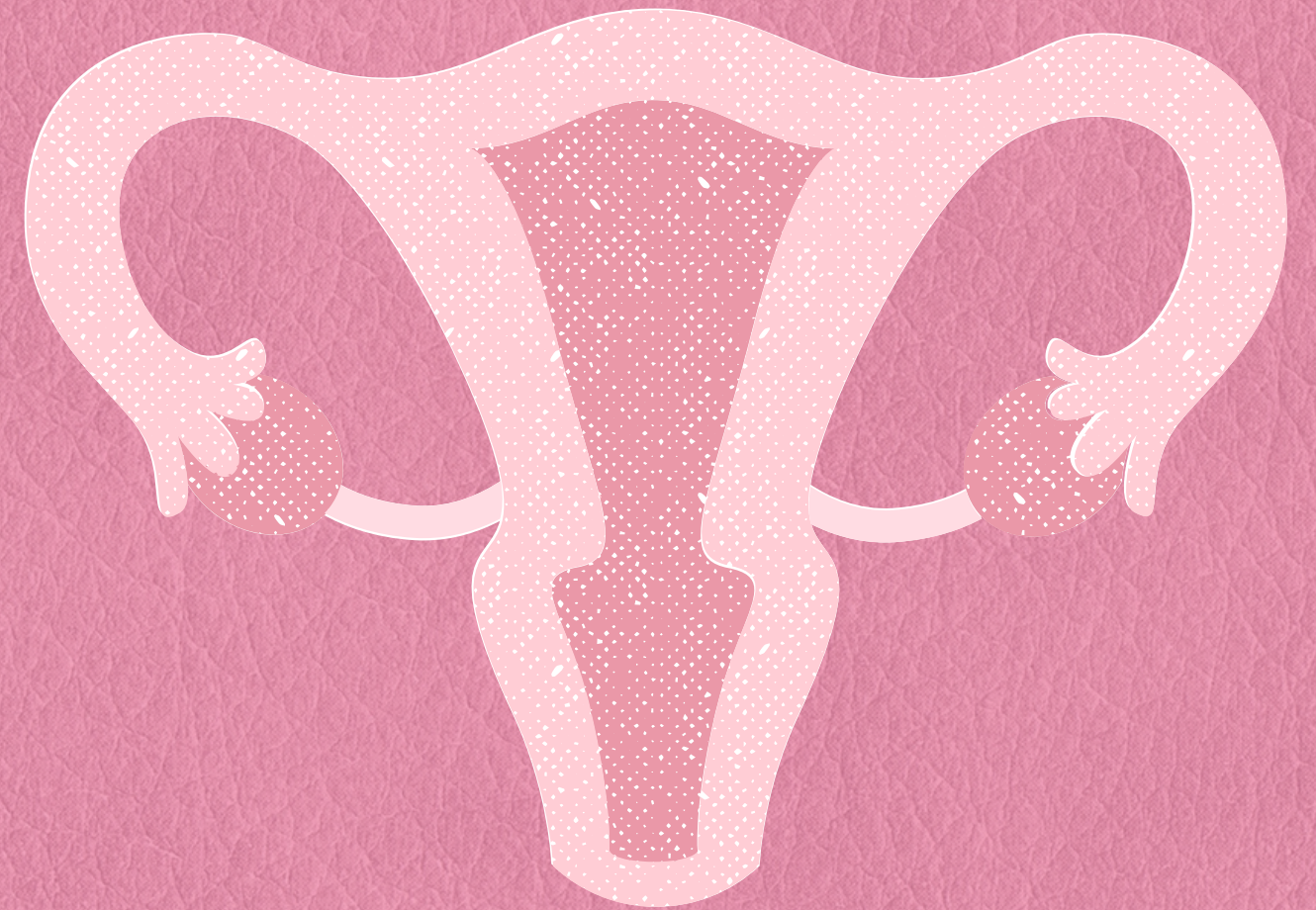
Types of IVF Treatment

Janini IVF, Delhi

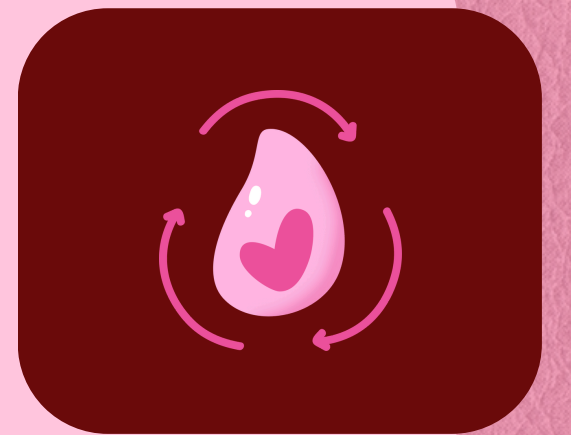


IVF Treatment

IVF treatment can be planned in different ways depending on individual clinical findings. While the overall process remains similar, the approach used during a cycle may vary based on how the ovaries are functioning, previous treatment response and other related factors.



For many patients, this stage can feel a little unclear. It is common to come across terms such as natural IVF, mild IVF or ICSI, and to wonder how they differ and which approach may be more suitable. Taking the time to understand these options can help make the treatment plan easier to follow.



WHY DIFFERENT IVF APPROACHES ARE USED

There is no single IVF method that works for everyone.

The choice of approach depends on several factors, including ovarian reserve, age, response to previous treatment, sperm parameters and overall reproductive health. Based on these, the treatment is planned so that it is suited to the individual rather than following a standard approach.

CONVENTIONAL IVF

NATURAL IVF

MILD IVF

IVF WITH ICSI

SEGMENTED IVF (FREEZE-ALL APPROACH)

CONVENTIONAL IVF

In conventional IVF, medications are used to stimulate the ovaries so that multiple eggs can be retrieved in a single cycle.

This usually allows for:

- more than one embryo to be developed
- greater flexibility in choosing embryos for transfer
- the option of freezing additional embryos



For many patients, this is the most commonly used approach, particularly when the ovaries are expected to respond well.



NATURAL IVF

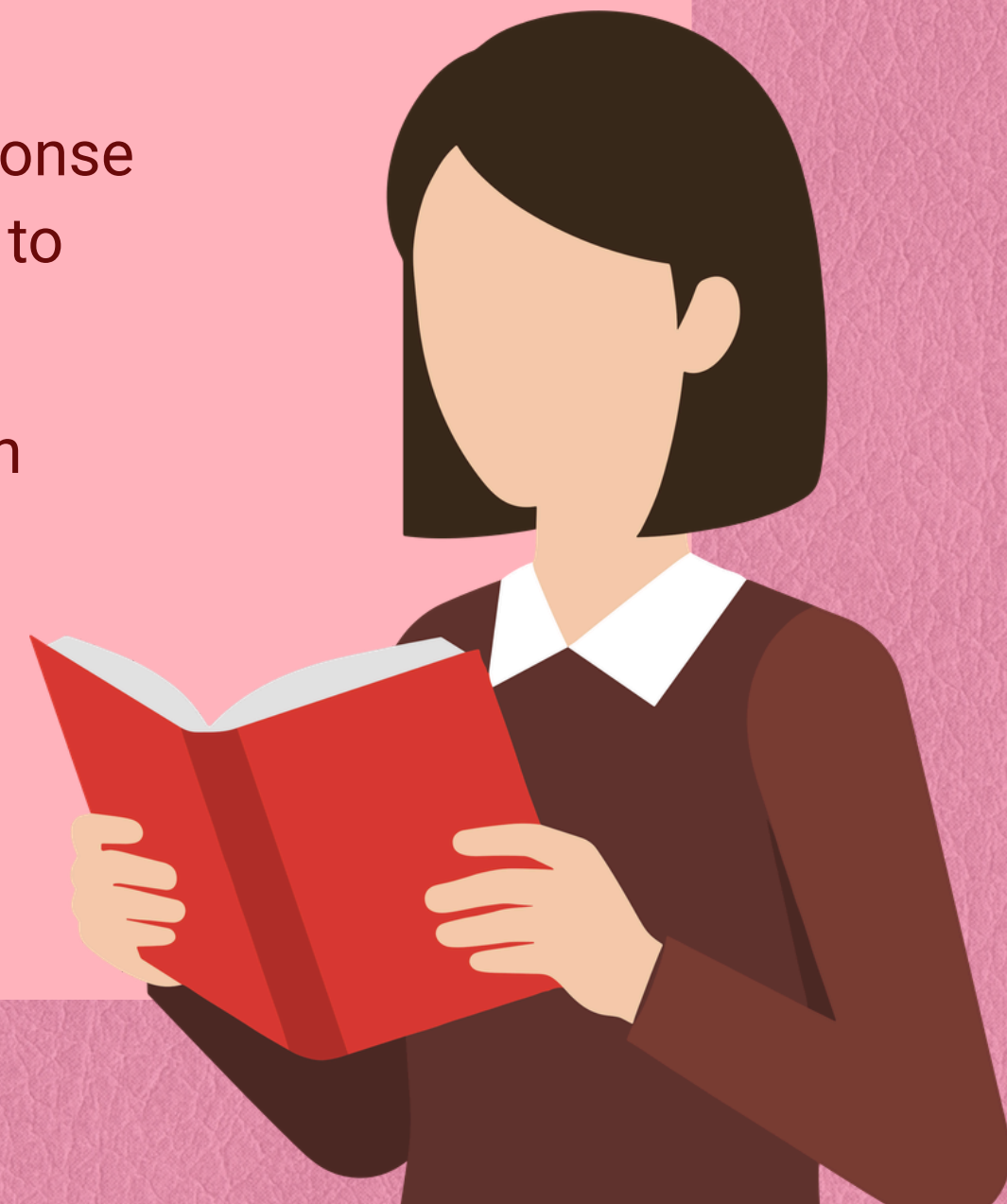
In natural IVF, the body's natural cycle is followed, and usually one egg is retrieved without ovarian stimulation.

Instead of using medications to produce multiple eggs, the focus is on monitoring the naturally developing follicle and retrieving the egg at the right time.

This approach may be considered when ovarian reserve is low, when response to stimulation has been limited, or when increasing medication is unlikely to significantly improve egg numbers.

Because fewer eggs are retrieved, fewer embryos are available. Even so, in certain situations, this may still be the most appropriate approach.

(Read more: [Is Natural IVF Right for You?](#))



MILD IVF

Mild IVF uses lower doses of stimulation compared to conventional IVF.

The aim is to retrieve fewer eggs while reducing medication exposure and maintaining a more controlled response.

This approach may be considered in selected cases, depending on how the ovaries are expected to respond and previous treatment history.

IVF WITH ICSI

ICSI (Intracytoplasmic Sperm Injection) is a technique used within IVF, where a single sperm is injected directly into the egg to assist fertilisation.

It is commonly used when there are concerns related to sperm quality or when fertilisation has been limited in previous cycles.

ICSI is part of the IVF process rather than a separate form of treatment.



SEGMENTED IVF (FREEZE-ALL APPROACH)

In some IVF cycles, embryos are frozen and transferred in a later cycle rather than immediately.

This may be done when the uterine environment needs to be optimised, when there is a risk of ovarian hyperstimulation, or when hormone levels are not ideal for transfer in the same cycle.

Adjusting the timing of transfer can help improve overall outcomes in these situations.

CHOOSING THE RIGHT IVF APPROACH

It is natural to compare different IVF options while trying to understand what may work best.

In practice, the decision is not about choosing one approach over another in general, but about identifying what is most appropriate in a specific clinical situation. This is determined after a detailed evaluation and, in some cases, may be adjusted based on how the body responds during treatment.

Having a clearer understanding of the different IVF approaches can make this process feel more manageable and help in following the treatment plan with greater confidence.

FREQUENTLY ASKED QUESTIONS



01 WHAT ARE THE DIFFERENT TYPES OF IVF TREATMENT?

Common approaches include conventional IVF, natural IVF, mild IVF and IVF with ICSI. The most suitable option depends on individual clinical factors.



02 WHICH IVF METHOD IS BEST?

There is no single best method. The choice depends on ovarian reserve, age and previous treatment response.



03 WHAT IS THE DIFFERENCE BETWEEN IVF AND ICSI?

IVF is the overall treatment process, while ICSI is a technique used within IVF to assist fertilisation.



04 IS NATURAL IVF BETTER THAN CONVENTIONAL IVF?

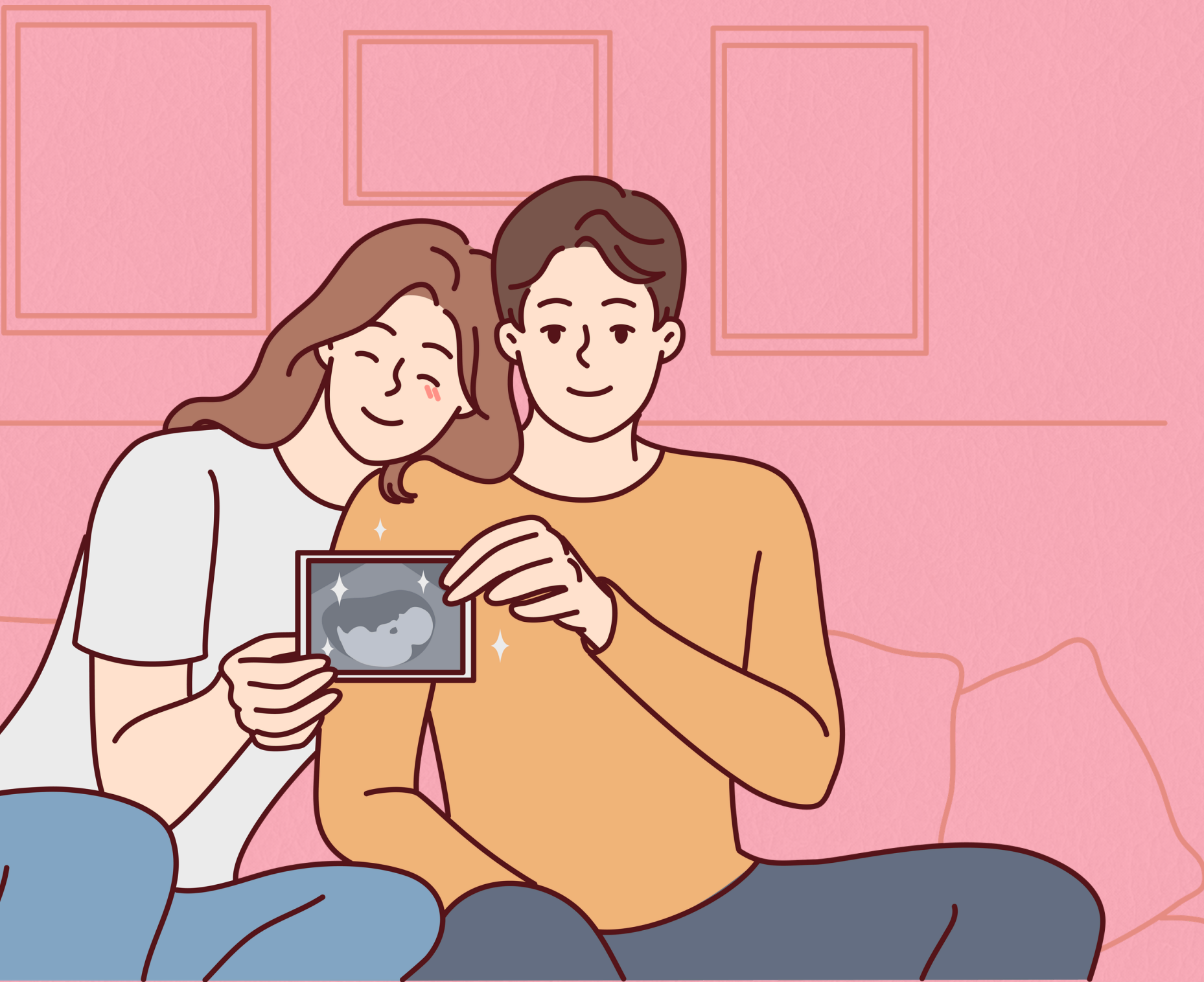
Not necessarily. Conventional IVF may offer better outcomes in many cases, while natural IVF may be considered in selected situations.



05 WHY ARE EMBRYOS FROZEN INSTEAD OF TRANSFERRED

This may be done to improve the uterine environment or reduce certain risks, depending on the clinical situation.

TREATMENT AT JANINI IVF, DELHI



At Janini IVF, Delhi, treatment is planned based on individual clinical findings. The choice of approach—whether conventional IVF, natural IVF or other variations—is guided by ovarian function, prior treatment history and overall assessment, so that the plan is suited to each patient.

If you are considering IVF treatment and trying to understand which approach may be suitable for you, a detailed consultation can help provide clarity based on your individual clinical profile.