

How to Use Information Sheets



**Southern Ontario
Fertility Technologies**

Introduction

An information sheet on how to use information sheets seems at first to be rather redundant but you will find that it is very informative.

One of the key points in the S.O.F.T. mission statement is to provide information to our patients so that they can make very informed decisions about their own treatment and have a broader understanding of the whole process. We have accomplished this in two ways. First, an extensive group of information sheets have been developed, and second, we discuss things at every step of the way.

The information sheets began even before S.O.F.T. opened. They began as much smaller information sheets when Dr. Martin was at University Hospital in London Ontario. These same information sheets were used when the S.O.F.T. clinic opened in October of 2000. In the first year they developed into more detailed and extensive information sheets.

The S.O.F.T. clinic began its website, www.soft-infertility.com in 2002. The information sheets were posted on its website so that the patients at the S.O.F.T. clinic could have access to them when they didn't have their original information sheets that were given to them at the clinic. However, the webpage, by 2003 was being visited by over 500 people per day. Currently, we believe almost 2000 people per day visit his webpage.

The information sheets have evolved. New ones have been added to cover additional topics and the older information sheets have been modified on a continual basis responding to the patient's comments about them. The information sheets now contained information on most infertility topics and many topics closely related topics.

Sorry

There are just over 40 information sheets now on a webpage. Unfortunately, 12 of them will not contain any information as they are currently under development. However that does leave 30 information sheets which have been fully developed and revised within the last year.

How to Start

All the information sheets are located in the **download information section** of the S.O.F.T. webpage. As stated before they cover most topics and in fertility diagnosis and treatment, as well as some related topics. All the information sheets can be read as stand-alone information sheets if you have a particular topic of interest. If one was to read all the information sheets they probably almost represent a textbook of infertility for patients.

The information sheets are contained in **three sections** once you get to the downloadable information. The first section is **infertility**. This section in general contains information on diagnostic procedures, types of infertility, and related diagnoses.

The second section is titled **cycles**. It contains information on different forms of ovulation induction (which are pills that can be given to improve your fertility), different forms intrauterine insemination, donor insemination, in vitro fertilization, intracytoplasmic sperm injection, donor eggs, and surrogacy.

The third section is titled other. This contains information sheets not directly related to the other two sections.

Each information sheet is presented with its **title** on the left-hand side of the screen. Scanning the various titles presented is usually very effective for finding the information that you desire.

Beside the title, on the right-hand side of the screen there is a **blue box containing black lettering which describes the purpose of the information sheet**. These small information boxes will give you a good idea if the information sheet pertains to you. Most blue boxes contain a brief description of the information sheet and may contain a reference to related information sheets.

There is one more thing that makes these information sheets more easily accessible. At the top of the section on downloadable information is a **search utility**. A key word can be typed into this box and will automatically find each information sheet which contains that word. For example, if one was to type in donor, the search utility would find information sheets on donor insemination, donor eggs, and intrauterine insemination and spontaneous cycles (because this is often the first kind of cycle used with donor insemination).

The most recent revision of the webpage was in April, 2007. Unfortunately, some information sheets were not completed and were included on the webpage as titles but were still under development. We apologize for this inconvenience but as soon as they are written they will be uploaded to the webpage. Fortunately there are over 30 completed information sheets which I think you will find very helpful.

If you have additional questions or can't figure out which information sheets would be valuable for you to read, you can always call the S.O.F.T. clinic at 519-685-5559 and our helpful and friendly staff will be only too glad to assist you.

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