



Hypnosis For IVF Preparation

Hypnosis For IVF Preparation contains three recordings to help support you through your IVF Treatment Cycle.

1. 'Hypnosis To Prepare for IVF Stimulation' is for your Preparation Stage from Egg Stimulation Through to Egg Collection. Start listening to the recording when you start your Stimulation Drugs. Listen either every day or every other day. Stop once you reach your Embryo Collection.
2. 'Hypnosis For IVF Transfer' helps you to prepare for Transfer, guiding you through a lovely creative visualisation to keep you positive and calm throughout. Start listening to this recording one or two days prior to, and on your Day of Transfer.
3. 'Hypnosis for IVF Implantation' is designed to help you from the day or two after Transfer and into the Implantation phase, keeping you positive and calm and relaxed through your two week wait. Switch onto this recording the day after your Transfer - listen for a few days. If you need support during your Two Week Wait then download my Deep Relaxation Recording to help alleviate any anxieties at this time.

Each recording starts with general instructions and then takes you into a place of relaxation. The aim of each recording is to help you with each phase of your IVF protocol, to support your mind and body as you take each step of the process.

Recent research (Levitas, et al, 2005) shows that by using creative visualisation at, and around the Transfer Stage of IVF can have potentially high success rates.

Work through the recordings in the order as stated above, through each phase of your IVF cycle. If you have already started your IVF cycle, or if you are going through a Frozen Embryo Transfer cycle, simply use the appropriate recording for the phase that you are in.