



## The role of partners in the IVF journey

With a partner's strength, hope stays alive.

IVF is a common fertility treatment nowadays. **However, it is important to realise that IVF is not just a medical process but also an emotional journey.** Hence, it is crucial to know that while the focus is often on the woman undergoing treatments, the role of the partner is equally important. IVF can feel overwhelming but having someone by your side who you can rely on can make all the difference.

Support, though, has many dimensions. It isn't only about showing up at appointments, although that is definitely important. It's also about being emotionally present. The hormonal changes, the injections and the uncertainty can really place a woman's mind in turmoil. To combat this, a partner who listens, reassures, and simply says, "I'm here with you" provides a sense of comfort that no doctor's prescription can match.

Another aspect is practical support. IVF involves multiple clinic visits, tests and procedures. Helping with schedules, driving to appointments or even small things like arranging meals on a hectic day reassure a woman that both are in it together. In fact such small acts of care often speak louder than words.

The importance of talking openly can also not be overlooked. IVF can evoke feelings of stress, frustration or even guilt. In this scenario, honest conversations are key and can help both partners feel heard, thereby minimising the chances of misunderstandings. The benefits of sharing



emotions instead of just bottling them up can only strengthen the bond that exists between couples.

Self-care for the partner is another effective support mechanism. Supporting someone through IVF isn't always easy - you may feel anxious or helpless at times. Taking care of your own mental and physical health ensures you have the energy and positivity to be a strong source of support.

Last but not the least remember that celebrating small wins matters. Whether it's finishing a cycle, facing a tough injection or simply making it through a challenging week, acknowledgement is crucial. These shared victories create moments of joy amid the stress.

One can never forget that the IVF journey is a shared one. While the medical procedures may focus on one partner's body, both hearts and minds are involved. **Standing side by side, encouraging one another and holding onto hope together is key to a successful outcome.**