



Altrus
HealthCare

ADVANCED
MULTISPECIALITY
HOSPITAL

HOPE

Begins Here

Every Dream
Deserves a
Chance

INSIDE:

Expert Tips
Patient Stories
IVF Advances
Emotional Wellness

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Every Dream Deserves a Chance

A day to honour the science, the courage, and the hope that has brought over **12 million babies** into the world.

The Lab Is the Heart of Your IVF Journey

When patients think about IVF, they think about doctors. But ask any embryologist, and they will tell you: the outcome of your cycle is decided, in large part, inside the laboratory. The embryology lab is where your eggs are retrieved, where fertilisation occurs, where embryos are nurtured for 5-6 days before transfer. For roughly 120 hours, your embryo lives entirely within the lab environment. Temperature, air quality, culture media, the incubator -- every variable matters. A suboptimal lab does not announce itself. You will not see it on a brochure. But you will see it in your results.

Inside the Altrus Embryology Lab Built and Certified for One Purpose:

ISO 7 Cleanroom Standard -- Our OT and lab meet international pharmaceutical-grade air quality specifications, auditand measurable.

Real-time VOC monitoring with HEPA + activated carbon multi-stage filtration on all incubators and lab air supply

Stable incubation protocol -- strict chamber discipline to minimise temperature and CO2 fluctuations during culture

Equipment calibrated and documented daily -- incubators, CO2, pH, and temperature logs maintained continuously

Dedicated senior embryologists with undivided focus no multi-tasking between labs

Culture media from validated, cold-chain maintained suppliers

Positive-pressure clean rooms -- external air never enters our critical zones



Technology That Changes Outcomes

Technology in IVF is not a luxury upgrade. It is the difference between an embryo that implants and one that does not.



Incubator Stability & Culture Protocol

Every time an incubator is opened, temperature and CO2 fluctuate stressing embryos. Strict chamber discipline, dedicated incubators per patient, and regular calibration are markers of a serious lab.



ICSI -- Intracytoplasmic Sperm Injection

A single, precisely selected sperm is injected directly into the egg under high-powered microscopy. ICSI improves fertilisation certainty and is routinely used at Altrus.



Blastocyst Culture (Day 5)

Embryos cultured to Day 5 are significantly more viable than Day 3 embryos. A lab's blastocyst conversion rate is a direct marker of its culture environment quality.



Vitrification (Flash Freezing)

Modern vitrification preserves embryos at -196 degrees C with survival rates exceeding 95%. Frozen embryo transfers often achieve higher pregnancy rates than fresh cycles.



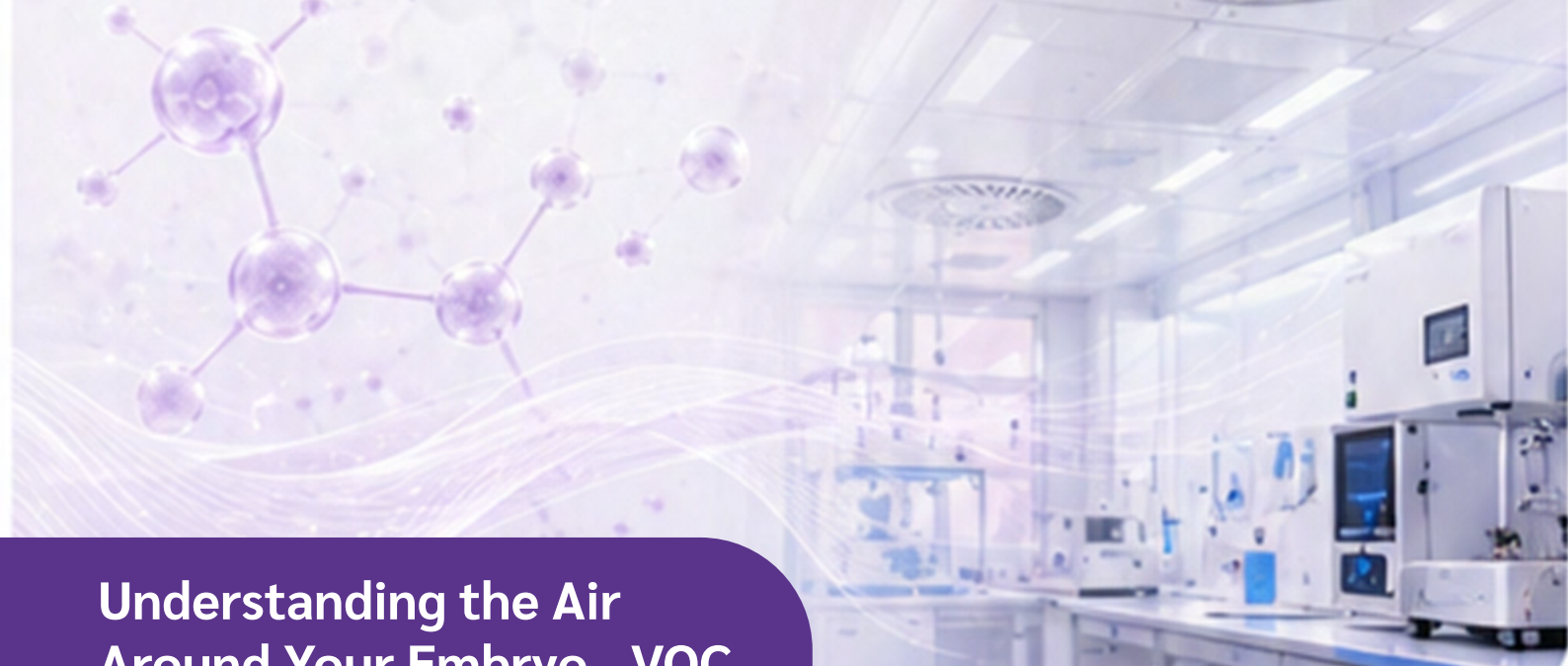
PGT-A -- Genetic Screening

Identifies chromosomally normal embryos before transfer, reducing miscarriage risk and improving success rates, especially in women over 35.



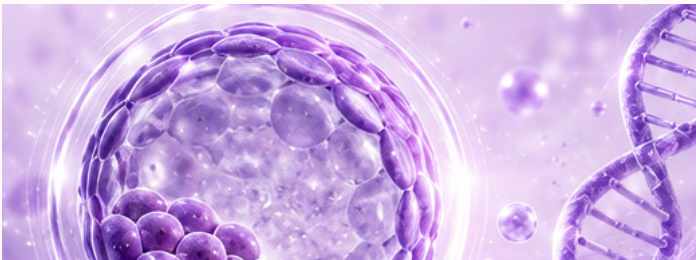
Laser-Assisted Hatching

A precise laser thins the embryo's outer shell to facilitate implantation particularly useful in frozen transfers and older patients.



Understanding the Air Around Your Embryo - VOC and Lab Air Quality

When we talk about IVF success, we talk about hormones, egg quality, sperm parameters, and uterine receptivity. Rarely do we talk about air. Yet the quality of air inside an embryology lab is one of the most significant and least discussed variables in your cycle. This is not a criticism of anyone. It is simply a part of reproductive medicine that has only gained serious attention in the last decade, and one that every patient deserves to understand.



What Are VOCs?

VOC stands for Volatile Organic Compounds -- invisible airborne chemicals found in everyday environments. They are released by cleaning agents, construction materials, paint, flooring adhesives, disinfectants, and even cosmetics.

In open spaces, these compounds disperse harmlessly. But inside an enclosed lab, where eggs, sperm, and embryos are cultured outside the body for several days, even trace concentrations -- far below the threshold your nose would detect -- can affect the biology of your embryo.

Think of it this way: your embryo, in those first 5 days of life, has no protective barrier from its environment. It is entirely dependent on the air and culture media around it. The purity of that environment is not incidental. It is the embryo's world.

How VOCs Affect Embryo Development

01

Reduce egg quality by disrupting mitochondrial function, which is the energy source driving fertilisation and early cell division

03

Affect sperm DNA integrity organic compounds can increase DNA fragmentation in sperm, which standard semen analysis does not measure

02

Slow or stop embryo development causing embryos to arrest before reaching the blastocyst stage, even when egg and sperm appeared healthy

04

Lower implantation rates embryos exposed to poor air quality during culture may fail to implant even when their morphology appears normal under the microscope



The Altrus Approach to Lab Air Quality

At Altrus, air quality inside the embryology lab and OT is not left to chance or periodic checks. We have built a controlled environment that meets ISO 7 cleanroom standards the same specification used in pharmaceutical manufacturing and we monitor it continuously. ISO 7 means no more than 352,000 particles of 0.5 micron or larger per cubic metre of air. For context, a well maintained hospital room typically has millions. The standard exists because certain biological processes -- including embryo culture -- are genuinely sensitive to particulate and chemical contamination.

When you visit any fertility clinic, it is entirely reasonable to ask: What is the air quality standard in your lab? How is VOC monitored here?

An informed patient asking good questions is the best partner a clinic can have. And a clinic that welcomes those questions is one that is confident in what it has built.

**ISO 7
Cleanroom**
352,000
particles/m³

Positive pressure
Real-time VOC monitoring, 24/7

A thought worth sitting with:

IVF outcomes are shaped by biology, yes but also by environment. An embryo that develops in clean, controlled air has a meaningfully better chance than one that does not. As a patient, you have every right to ask about the environment your embryo will be cultured in. A good clinic will welcome that question.

IVF HOPE+ Financial Peace When You Need It Most

Your journey to parenthood should feel hopeful -- not uncertain. We have seen patients make impossible calculations how many cycles they can afford, whether to stop trying before they are ready. We built the Altrus Promise to change that equation.

The Altrus Promise is not a discount scheme. It is a statement of how fertility care should work. When a clinic shares in the financial risk of multiple cycles, its incentives align with yours to get the best possible outcome, not to sell more cycles.

**"We do not just
treat your cycle.
We walk your path."**

0%

Interest EMI Available

No Interest. No hidden charges

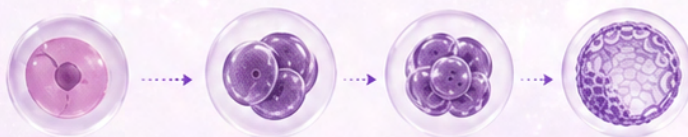


Cycle 1 & 2

Standard Treatment Pricing

Cycle 3⁺

Pay only our Direct Cost



IVF Myths-Busted

As with any specialised field, IVF comes with its share of misconceptions often passed along with good intentions. Here are some we hear often, and what the evidence actually shows:

MYTH

IVF always results in twins or triplets.



Twins / Triplets

FACTS

Modern protocols transfer single embryos in most cases. Multiple pregnancies are the exception.

MYTH

IVF babies have more health problems.



Health Problems

FACTS

Large-scale studies show IVF children have the same health outcomes as naturally conceived children when high-quality embryology is used.

MYTH

IVF is only for older women.



Older Women

FACTS

Young women with PCOS, blocked tubes, or partner-factor infertility benefit equally. Age affects response, but it is not a prerequisite.

MYTH

IVF is a last resort.



Last Resort

FACTS

Early intervention with IVF often yields better outcomes. Delayed treatment reduces success rates significantly.

MYTH

All IVF labs are the same a lab is just a room with equipment.



Same Lab

FACTS

The IVF lab is where your embryo spends its first and most delicate days. Air quality, incubator standards, and lab systems can vary greatly between clinics, directly affecting embryo development. The lab isn't just a backdrop it's where everything begins.

MYTH

A great doctor guarantees a great outcome the lab is secondary



Doctor + Lab

FACTS

Think of it like surgery the surgeon's skill matters, but so does the environment. Your doctor guides stimulation and prepares the uterus. But for 5 critical days in between, your embryo is entirely in the lab's hands. No clinical decision influences those 120 hours. Only the lab does.

Questions Worth Asking at Any Fertility Clinic

The more you understand about what happens inside a fertility lab, the better equipped you are to have a meaningful conversation with any care team. These questions are not challenges they are the natural curiosity of someone making one of the most important decisions of their life.

Ask This

Why It Matters



What is the air quality standard in your lab and OT?

ISO 7 is the international cleanroom benchmark used in pharmaceutical manufacturing. Understanding whether a lab meets this standard helps you appreciate the level of environmental control your embryos will experience.



How do you monitor air quality and VOC levels in the lab?

Volatile organic compounds at trace concentrations can affect embryo development. A lab with active VOC monitoring can give you confidence that your embryos are cultured in a clean, controlled environment.



What is your embryo culture system and incubator protocol?

Incubator stability is critical. Ask how often incubators are opened, how temperature and CO2 are maintained, and whether they have independent backup systems in case of failure.



What is your blastocyst conversion rate?

This measures how many fertilised embryos reach Day 5 a direct indicator of lab culture environment quality.



What is your clinical pregnancy rate per embryo transfer?

Ask for age-stratified data, not pooled averages. Any clinic committed to excellence should share this openly.



What are your embryologists' qualifications?

Embryology is a craft. The hands that handle your embryos and the years of training behind them matter enormously.



What is your equipment calibration and QC protocol?

Incubators, CO2 levels, and pH must be checked and documented daily. Ask to see the logs.

“At Altrus, we welcome your question
Because your trust is our foundation”



**Altrus
HealthCare**

**ADVANCED
MULTISPECIALITY
HOSPITAL**

Ask More. Expect More.

You are not just choosing a doctor.

You are choosing a lab, a team, a protocol, and a philosophy of care.

At Altrus, we build our practice around one belief: every embryo deserves the best possible environment.

Our ISO 7 certified lab and continuous VOC monitoring are not features they are the foundation of responsible embryology.

- ✓ Come visit our lab.
- ✓ Ask our embryologists your questions.
- ✓ See for yourself.



**Scan & Take a
Virtual Tour**



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