

Your Step by Step Guide to IVF in North Cyprus

What happens at each stage, what to prepare at home in the UK, and what to expect during your stay — in plain language.

1 · Before you travel

2 · Your treatment cycle

3 · Your stay in Cyprus

4 · After the transfer

— BEFORE WE START

Your journey at a glance

IVF abroad feels less daunting once you can see the whole path. Most of the preparation happens at home; the time in North Cyprus is focused on the treatment itself.

1

Before you travel

Tests at home, a free virtual consultation, your treatment plan and a written quote.

2

Your treatment cycle

Stimulation, monitoring scans, egg collection and embryo transfer.

3

Your stay in Cyprus

Flights, airport transfers, documents and where you will stay.

4

After the transfer

The two-week wait, your pregnancy test and support once you are home.

WHO WE ARE

Dream IVF Cyprus is a Cyprus-based patient coordination service, not a clinic. We help you compare licensed partner clinics in North Cyprus, arrange a free consultation and organise the practical side of your trip.

Your treatment plan and every medical decision always come from the clinic's doctor.

HOW WE ARE PAID

Our service is free for you. Partner clinics pay us a commission for coordinating your treatment, and it is never added to your price: you pay the same as you would pay the clinic directly.

Read more: [How we choose our partner clinics.](#)

How long does it all take?

There is no fixed answer: it depends on your test results, your cycle and the treatment the doctor recommends. The NHS describes a full IVF cycle as taking around 3 to 6 weeks. Many patients start their stimulation injections at home, which shortens the time they need to spend in Cyprus. A frozen embryo transfer is usually a shorter stay than a fresh IVF cycle.

Good to know: this guide is general information to help you plan, not medical advice. Your clinic will give you a personal plan, and it may differ from the typical path described here.

STAGE 1

Before you travel

The most useful thing you can do before booking flights is to get a few tests done at home. With recent results, a specialist can tell you which treatment suits you, how long you will need to stay and what it is likely to cost.

TESTS FOR WOMEN

- ✓ **AMH** blood test (any day of the cycle)
- ✓ **FSH, LH and oestradiol** (day 2–5 of the cycle)
- ✓ **Antral follicle count scan** (day 2–5), which also checks the womb
- ✓ Often requested: **thyroid (TSH) and prolactin**
- ✓ **Rubella immunity** and up-to-date **cervical screening**

TESTS FOR MEN

- ✓ **Semen analysis:** count, movement and shape
- ✓ Usually after **2–7 days** without ejaculation
- ✓ A borderline result is often repeated a few weeks later

FOR BOTH PARTNERS

- ✓ **HIV, hepatitis B, hepatitis C and syphilis** screening, done close to your treatment date

When to do each test

Test	When
AMH	Any day of the cycle
FSH, LH, oestradiol	Day 2–5 of the cycle (day 1 is the first day of full bleeding)
Antral follicle count scan	Day 2–5 of the cycle
Semen analysis	After 2–7 days of abstinence
Infection screening	Close to your treatment date; clinics need recent results

NHS OR PRIVATE?

Your GP may be able to arrange some tests on the NHS, even if you plan treatment abroad. Private providers are faster; choose one that uses an accredited laboratory and gives a written report with reference ranges.

WHAT NOT TO PAY FOR YET

Tubal tests, hysteroscopy, immune tests and other specialist tests are only needed in particular cases. Wait for the specialist's advice before booking them.

STAGE 1 CONTINUED

From results to a written plan

Once your results are ready, the next steps are quick, free and done from home.

1

Send us what you already have

Even a single AMH result helps. Through our medical assessment form, a specialist at one of our partner clinics reviews your results free of charge and tells you what is still missing.

2

Free virtual consultation

We arrange a free, no-obligation virtual appointment with a recommended partner clinic. You discuss your family-building goals, your history and the treatment options that suit you.

3

Your treatment plan and written quote

The clinic proposes a plan and gives you a written quote. Check exactly what is included, what is optional, and the refund and cancellation terms.

4

Agree your dates

Treatment dates follow your menstrual cycle. Once they are confirmed, book flights, accommodation and your airport transfer. Flexible tickets help, because the exact egg collection date depends on how you respond to stimulation.

Questions worth asking at your consultation

- ✓ What do you recommend for me, and why?
- ✓ What are my chances, per transfer and in total, for someone of my age and history?
- ✓ How many embryos would you transfer, and what are the risks of transferring two?
- ✓ Which steps can be done in the UK, and how many times will I need to travel?
- ✓ Which extras (add-ons) are in the quote, and what is the evidence for each?
- ✓ What does the price include: medication, freezing, storage, a frozen transfer?

FREE FOR YOU

The consultation and our coordination cost you nothing

There is no obligation to go ahead, and our partner clinics' prices through us are the same as going to the clinic directly.

— STAGE 2

02

Your treatment cycle

A typical IVF cycle with your own eggs follows the same broad steps. Your clinic sets the exact protocol, doses and dates.

1

Stimulation

Daily hormone injections, usually for about 2 weeks, encourage several follicles to grow at the same time. A second medicine stops you ovulating too early. Many patients start these injections at home in the UK.

2

Monitoring

Ultrasound scans, and sometimes blood tests, show how you are responding. Scans can often be done in the UK and shared with your clinic, whose doctor adjusts the dose.

3

The trigger injection

When the follicles are large enough, a single injection completes the maturation of the eggs and sets the time of collection.

4

Egg collection

A short procedure at the clinic in North Cyprus. On the same day the eggs are fertilised in the laboratory, with sperm from your partner or a donor.

5

Embryo development

The embryos grow in the laboratory for a few days. Good-quality embryos that are not transferred can be frozen for later.

6

Embryo transfer

Two to five days after fertilisation, an embryo is placed in your womb through a thin tube. It is quick and usually needs no anaesthetic. Progesterone then supports the womb lining.

FROZEN EMBRYO TRANSFER

If you already have frozen embryos, there is no stimulation or egg collection: the womb lining is prepared in your natural cycle or with medication, and an embryo is thawed and transferred. The stay in Cyprus is usually short.

DONOR EGGS

With donor eggs, the donor has the stimulation and egg collection. Your own medication mainly prepares your womb lining for the transfer, so the medication cost is lower.

STAGE 2 CONTINUED

Your medication

Fertility medication is one of the costs people most often underestimate. Your doctor prescribes it for you personally, and the dose can change during the cycle.

Stage	What the medicine does
Stimulation (FSH or hMG)	Helps several follicles grow at the same time
Preventing early ovulation	Stops the eggs being released before collection
Trigger	Completes the maturation of the eggs
Progesterone	Supports the womb lining and a possible early pregnancy

STARTING AT HOME?

We can send your prescribed medication to you in the UK from North Cyprus. Send us your prescription with your delivery address and start date, and we will come back with a quote. Store each medicine as its leaflet says as soon as it arrives.

10% OFF FOR OUR PATIENTS

Dream IVF Cyprus patients receive 10% off all prescribed IVF and pregnancy medication.

As a rough guide, medication bought in North Cyprus costs about £1,000–£1,800 for IVF with your own eggs and about £700–£1,200 for egg donation.

Flying with your medication

- ✓ Carry medicines in your hand luggage, in the original labelled pharmacy packaging.
- ✓ Bring a copy of your prescription or a letter from your doctor; at UK airports, essential liquid medicines over 100 ml are allowed with proof they are prescribed to you.
- ✓ Ask your airline in advance about injectable medicines and how to keep them at the right temperature.
- ✓ If you connect in another country, check its rules on your medicines, both ways.

STAGE 3

03

Your stay in Cyprus

How long you stay depends on the clinic and your protocol. Your clinic confirms when you need to arrive and when you can travel home.

Getting there: Ercan or Larnaca?

ERCAN, IN THE NORTH

Close to the clinics, so the drive after landing is short and there is no crossing point. Flights from the UK connect in Turkey, usually Istanbul.

LARNACA OR PAPHOS, IN THE SOUTH

Direct flights from London and many regional UK airports, followed by a longer road transfer through an official crossing point. Our drivers know the procedure.

Dream Transfers: airport transfer prices

From	To Nicosia	To Kyrenia	To Famagusta
Ercan	€50	€80	€60
Larnaca	€70	€90	€70
Paphos	€150	€180	€150

Prices as of August 2024, per trip. A Mercedes VIP vehicle adds €20 per trip. Meet-and-greet, 24/7 support, pay on arrival in cash or by card (TL, EUR, GBP, USD).

BRING WITH YOU

- ✓ Your passport, plus an ID card if you have one
- ✓ A letter from your clinic
- ✓ Proof of accommodation and your return ticket
- ✓ Prescriptions or a doctor's letter for your medication

WHERE PATIENTS STAY

Most patients choose a hotel or a serviced apartment near their clinic. We can recommend options for every budget and help with local tips, from pharmacies to restaurants.

Arrange specialist travel and medical insurance before you go.

If you also plan to visit the south during your stay, check the current UK government travel advice before you book.

— STAGE 4

04

After the transfer

The days after the transfer can feel long. Here is what usually happens next, and where to find support.

1

Travelling home

There is no need for long bed rest after the transfer: NICE advises that resting for more than 20 minutes does not improve the outcome. Ask your clinic when you can fly, and contact them before travelling if you have a swollen, painful stomach, nausea or shortness of breath.

2

Keep taking your medication

Continue the progesterone and any other medicines exactly as your clinic says, until they tell you to stop.

3

The pregnancy test

Your clinic gives you a test date. Testing early can give a wrong result, so wait for that date and share the result with your clinic.

4

Early scan in the UK

If the test is positive, a scan at around 7 weeks of pregnancy checks for a heartbeat. Keep your GP informed and ask your clinic for copies of all your reports.

— YOU ARE NOT ALONE

Emotional support, from women who have been there

Our Emotional Support service offers 45-minute phone sessions with trained, certified women who have faced infertility themselves. **Dream IVF Cyprus patients receive 2 complimentary sessions during treatment.** It is caring, peer-based support, not counselling or medical therapy.

If this cycle does not work: it is very common, and it does not mean the next one will fail. Ask your clinic for your full records and review them with a specialist before planning the next attempt. You may also have frozen embryos for a shorter frozen transfer.

— PRINT AND TICK

Your checklist

Before you book

- ☐ Tests done, with written reports
- ☐ Results sent for a free specialist review
- ☐ Free virtual consultation held
- ☐ Written treatment plan and quote received
- ☐ Treatment dates confirmed with the clinic
- ☐ Time off work arranged
- ☐ Specialist travel and medical insurance

Before you fly

- ☐ Passport valid for your trip
- ☐ Flights and accommodation booked
- ☐ Airport transfer booked
- ☐ Medication, prescription and doctor's letter
- ☐ Clinic letter and contact numbers
- ☐ Copies of all your test reports
- ☐ Plan for your pregnancy test and early scan at home

— TALK TO US

Ready for the next step?

Our Cyprus-based team will explore your options with you and arrange your free consultation with a recommended clinic.

WHATSAPP & PHONE

+90 (548) 832 54 32

EMAIL

info@dreamivfcyprus.com

WEBSITE

dreamivfcyprus.com

This guide is general information to help you plan treatment. It is not medical advice and does not replace a consultation with a qualified specialist. Dream IVF Cyprus is a patient coordination service, not a clinic; our partner clinics pay us a commission, which is never added to your price. Prices and arrangements can change: check the current details with us and your clinic. Edition: October 2026.