

OUR **IVF** JOURNEY

FROM HOPE TO HAPPINESS

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Table of Contents

1. Introduction.....	1
2. Family planning before medical intervention	2
3. Decision to seek medical help.....	6
4. A major twist unfolds	8
5. Putting the medical journey on hold	10
6. A ray of hope- Searching for the right IVF centre	13
7. The beginning of IVF- Meeting Dr. Kanika Kalyani	16
8. Embryo Transfer Day: Hope and curiosity	18
9. The result day: Awaiting the News.....	20
10. Starting the Next IVF cycle - a warmup phase.....	23
11. The second cycle: Another waiting game	27
12. Heartbreak: Miscarriage of one twin.....	30
13. The sound of Life: Hearing My baby's heartbeat.....	33
14. Choosing the right Gynaecologist	36
15. Visiting Cloudnine: Meeting Dr. Nikhil Dattar.....	38
16. Is it premature delivery?.....	40
17. Finally, Baby onboard!.....	44
18. NICU saviour: Dr Tanushree Mukherjee	47

19. Postpartum Complications: Infection in C section
stitches49

20. Together Forever: Our happy Family begins52

21. Conclusion.....53

Acknowledgments55

1. Introduction



This book is written based on real time IVF experience including our thoughts, emotions, big feelings, silent battles, inner conflicts, strength, overcoming and so on until we got our baby in our lap. This is our journey from Hope to Happiness which covers all the emotions felt right at the beginning when we were confused and scared till we have our happy family altogether.

This book is written not with the intention to describe or explain the process but to give insight to the overall journey and milestones that we had which can mentally and emotionally give support to all the aspiring parents. Google is enough to explain the scientific process, but I am here to give you a gaze in human emotions.

Before going into this treatment, I was also searching for a kind of book or content which can help prepare inner me both emotionally and mentally but I could not find one and hence I decided that I will pen down my emotions which can help lot of aspiring parents thereafter. IVF is not just a treatment, it's investing your hope, your feelings and your emotions altogether.

So, here I am. Let's begin!

2. Family planning before medical intervention



Hello dear Readers. Before I start with my personal experience of our IVF journey, let me thank you all for trusting that this book could be helpful to you. Thank you for believing in my content and I will try my best so that you all can relate with this and find all the answers or outcomes you all are seeking.

Let's begin with my introduction. My name is Pooja Devnani, and my roots are in Ajmer, Rajasthan. My entire education is from Ajmer. However, for career prospects, I was in Delhi- NCR from 2007 until Oct 2017 (almost a decade). In Nov 2017, I got happily married to Vikas who is a Mumbaikar. So, in my In-laws family, I have a very supporting and an active mother-in-law, Mrs Veena Devnani and a caring father-in-law, Mr Dayaldas Devnani (today he is residing in our hearts).

So, finally after our honeymoon period was over, everybody was asking us where the good news is. Honestly, this use to be a bizarre question for me somehow because I just wanted to spend some time with Vikas and know him

more as this was our arranged marriage. Although I knew before, Vikas is a nice person but wanted to enjoy some quiet moments. Vikas is so nice that actually my mom still says "Vikas is better than you". Haha

Anyways, leaving humour behind, When I got married, I was 31 and Vikas was 37. Hence it was a normal question for others to ask for a child. Even our parents were asking for the same as to when are we planning and that our biological clock is ticking. They were right on their part but somehow, I wanted to know Vikas more. I would say Vikas is a true gentleman who never wanted to know me just more. Whatever he knew little about me was enough for him.

There was one more reason why my mother-in-law was typically worried because Vikas was born to them 15 years post their marriage.

Anyways we started trying for child approx. 8 months after our marriage but we lost almost 3-4 months. Honestly speaking, I was lacking a lot of knowledge. My concepts about ovulation and peak of ovulation days were not clear enough or I would say I did not have knowledge on how these entire 28 days cycle works. Finally, I started researching on Google or started talking to my married friends about this and I gained knowledge. I remember, I also bought some ovulation test kits or machines to identify ovulation phase so that we can try our best.

Since this time from 2017 we kept trying until covid 19 came into picture. During this entire time, we were not successful. We then decided to run some health checks to ensure that neither me nor Vikas has any issues in conceiving.

My mother-in-law was so sweet to ensure that even Vikas goes for tests as well to rule out any issues with him. Reports for both of us were normal which was a sigh of relief. In Feb or March 2020, I was diagnosed with intestinal Ulcers and medications were such that we were not supposed to try as this can impact our child. My treatment continued for a long period of time, approx. 1 and a half to 2 years.

One thing that I forgot to mention is that all this time, we were in Kolkata. So, I got married in Mumbai, but Vikas's job was in Kolkata. So, within 10 days of my marriage, we were in Kolkata. However, before the second wave of covid hit, we permanently shifted to Mumbai. I must say, Vikas is too obsessed with Mumbai and likes Mumbai a lot. So, Vikas got work from home. He just needs to travel once a month for a week to Kolkata to meet his team. Meanwhile, I was working in TCS and TCS was completely work from home. So, my Ulcer treatment was finally resolved and concluded in Mumbai.

So, post I was ulcer free, we then decided to try all over fresh as there was a huge gap. However, my father-in-law got quite sick during this time and was down with pneumonia and he passed away in Oct that year. Vikas and my mother-in-law was completely devastated.

Vikas is the only child to my in-laws, and he is extremely close to both. My father-in-law was a second father to me who always considered me as his daughter and never a daughter in law. At the time of our engagement, my father-in-law travelled from Mumbai to Ajmer while his hip bone was broken just to ensure that engagement goes well. He can do anything for my

happiness. So, you can understand, what bond Vikas had with his father.

Amidst all these crises, either we tried and did not succeed, or we were not able to try as well.

3. Decision to seek medical help



Here comes the path when we decided as a family that we now have to actively look for medical help. At this stage, I was getting extremely nervous that now is the time. Honestly, I was also afraid of medical procedures as well. More than that, I am always a private person and now I was getting nervous because I was too shy to discuss all these private things. Trust me, discussing all these things sometimes is mentally exhausting.

Also, I don't know what it was inside me that used to rush me for a child at this age. Definitely it was biological, but I would say that it was a natural emotional urge as well. I used to see my friends who got married at the normal age in their twenties and also had 2 kids or more before they actually turned 30. I used to think that wow, my friends are now almost free from birth giving or having kids and they are in their normal routine and can even get back to work or establish their career as well as an age factor was still favouring them. But look at me, my life has not even started and that an important event is yet missing in my life. I am at the peak of my career and what would happen next when I will have a

child? Would I be able to cope up with my career post baby or would this be the end of my career? All these comparisons and all these thoughts use to haunt me day and night. Not just these thoughts but when I ever come to know that anyone known to me is pregnant or they had a child, something inside me use to break apart and my heart cries silently asking God, when would I have one?

So, it was my mother-in-law who was actually behind us to initiate medical help. She is too advanced (though she is 82 years old) to discuss all these things and motivating us to go ahead without any fear. Sooner the better. She discussed her stories while conceiving Vikas and how my in laws dealt with the same.

Hence after a lot of push from my mother-in-law and attempt to free myself from these haunting thoughts, we decided to go to a gynae we knew from our neighbourhood's reference. We finally took an appointment, and we were set to go. In the meantime, I was trying to prepare my mind for all the upcoming medical stuffs with lots of juggling.

4. A major twist unfolds



Finally, we were all happy that now we are moving forward towards some path. But unfortunately, who knew that this was the time for tests and trials. Just to clarify things here, post my marriage, we all were in Kolkata as Vikas's job was in Kolkata. Hence, I also found a job in TCS Kolkata. Post covid ended, Vikas found a new job in Mumbai as he was too obsessed with Mumbai, and I continued with Work from home amidst covid crises. Finally, as a family, we were altogether in Mumbai. However, life happened and Vikas lost his job in just 1 and a half months. I don't know what sort of company that was who shut down the entire business unit with which Vikas was associated with and he lost his job. Ideally, there should be no hiring at the first place. Anyways, we paid very heavy price because the entire purpose of leaving a stable job in Kolkata and shifting to Mumbai was completely lost. This was a period of turmoil because Vikas was emotionally shattered.

The day Vikas lost his job, we had an appointment with our gynae the next day. We were clueless what we have to do now?

With a very heavy heart, we visited gynae finally. To be honest, this was my first visit to gynae ever in my life. There were lot of emotions, fear, insecurity bubbling inside me and one thing which was constantly running was Vikas's job loss. We came here with lots of hope. While waiting for my turn to show up in front of gynae, I saw lot of pregnant women, and I was getting filled with hopes. Finally, our turn came. There were lot of questions that were upfront to answer, and we both were feeling shy and nervous at the same time. Anyways we kept on answering these questions. However, I also had lot of questions in my mind and hence I started asking those from the gynae. Unfortunately, this gynae was getting irritated on my questions. She made faces and was least interested in answering those. She also said that we are aged and have to rush. She then suggested us to try for this cycle and if not successful then go for a procedure called IUI and gave me some folic acid tablets and asked us to meet her in my next cycle to check for the quality of eggs. I asked what IUI is and she said come to me next time and I will explain and then she walked out.

We both were clueless. This was the worst day of our lives. Instead of hopes we were filled with anxiety and panic. We left for home with a prescription in our hands. All our questions were confined inside us and we silently took a rickshaw and reached home. This gynae visit was an extra pressure on top of Vikas's job loss as she said we were too aged.

We came home, discussed the same with my mother-in-law, silently ate food and went inside the room to find some space for crying my heart out.

We hugged each other and slept as an escape.

5. Putting the medical journey on hold



Days passed by and I just could not forget the visit we had. We even tried between that time as mentioned by gynae.

This phase was too difficult for Vikas. Because of job loss, he was not able to concentrate on family planning and was shifted in his own zone. Anyone would do this if encounters the similar situation. I had very scary thoughts running in my mind. These were the thoughts of fear, insecurity and inadequacy. I was fearing what is going to happen next. When would Vikas get a new job? Until he finds a new job, are we putting this journey on hold? There would be loads of financial liabilities if we go with the medical help and are we good to bear this uncalled financial brunt? I had thoughts of inadequacy thinking that I am 37 and Vikas is now 40 plus. Until this age, people have kids and they have even settled down financially, but we are still struggling financially, and family planning chapter is not even opened yet. Where are we heading towards?

All these thoughts were eating my mind day in and day out. I thought of asking Vikas instead of struggling all by myself.

Vikas at this time asked to hold on because he is not able to concentrate on family planning. And I completely understand what he might be going through.

Months passed by, I would say at least 5-6 months passed by. And I just could not get over these thoughts. There was no hint of Vikas getting a new job either. All this time, I continued to work from home. At least, one person's income was coming.

Finally, a day came when I needed an answer. I asked Vikas to come with me for a long walk. I still remember, I had all these intense emotions inside me and we started walking inside our society. We started conversing and I asked are we still going to put this journey on hold and if yes then till when? We are unable to try because of stress of job loss, and we are unable to go for medical help due to financial liabilities. What next? We had long conversation explaining each other with our respective viewpoints. Sometimes the conversation went towards a heated argument and sometimes to a mellow down emotional drama. However, we finally came to a conclusion that just put everything at their respective places and just do not mix up everything or make one thing dependent on another. It means, keep job thing separate and keep family planning separate and let's not make one area or aspect of life suffer because of another. This way we will make up time figuring out both the issues simultaneously rather solving them one by one. We joined hands together and came to

conclusion that let's begin with medical help but we both were sure and we decided that we will never visit this previous gynae again. Let's forget this experience and search for another gynae.

We conveyed our decision to our mother-in-law who was indeed very happy.

6. A ray of hope- Searching for the right IVF centre



Finally, my mother-in-law started searching for the best IVF centres in Mumbai. Yes, you read it correct. It was my mother-in-law who started searching for best IVF centres and that too searching online. Can you guess how young she is? She is 82 years young. And the main criteria that my mother-in-law had in mind was to search that IVF centre which has branches all over India (at least in all metro cities) because we do not know where Vikas will get a job. At least we can shift there and had a treatment continued because at this point in time also, I was working from home. Also, we wanted IVF centre to be near to our house to commute easily. I never had both these criteria in my mind but Thanks to my mother-in-law who gave a thought on them. Finally, after lot of searching she came across Indira IVF. She had a word with us and asked us to inquire more.

We called up Indira IVF and booked an appointment, and we were all set.

Finally, this day arrived where we need to visit Indira IVF. I was nervous, shy with lot of emotions (also keeping in

mind the rough experience of the past gynae). In Indira IVF, we had an appointment booked with Dr. Kanika Kalyani.

We finally entered Indira IVF and a person who was a gatekeeper very politely opened the door with a positive smile on his face. We were given sanitizer, and we then walked towards the reception desk. Because we were new here, we were asked to fill out some forms and complete some formalities. Post that we were asked to wait until Dr. Kanika Kalyani comes. She was about to come at 10 AM. While we were waiting for her, there were already many people sitting in the centre. Some ladies were already pregnant and were there for a regular follow up, some were new like us, and some were waiting for their pregnancy results. At this point in time, Vikas and I were talking about as to see how many people are here for the treatment and we are not alone. We need not to be shy at all. We hold each other's hands and hope for the best. The best thing about this IVF centre was they were calling couples by addressing the names of both the partners and this somehow touched my heart. So, if we were to be called then they will call PoojaVikas. This somehow made me feel so equal in terms of IVF treatment and engaging both the partners at the same time. I was so emotional that I could cry with this gesture. Also, one very positive gesture this centre had, when the pregnancy results are to be announced to the people then they are not just conveyed in the isolation sitting back in the room with your gynae but results were announced by taking names of both the partners and then making an announcement on the MIC where everyone in the centre could hear it out loudly. One such announcement happened in front of us at that time. Oh my god, this lady got so happy and there were others who were congratulating her, and I had

tears in my eyes with goosebumps. Trust me, I even have tears while writing as I am reliving this moment again. I was also hoping the best for myself that soon my lap would be shared with a little one.

Finally, Dr, Kanika Kalyani arrived and we were asked to meet her. So, we were called as PoojaVikas. Oh, I just can't begin to explain how positive and good I felt. Alright, now we are sitting in front of Dr. Kanika Kalyani. She passed a warm smile and asked how we are doing and how can I help.

We both looked at one another and started the conversation. She was very patient in listening to us and even understanding our nonverbal nods. She explained to us the entire process of IVF and what we can expect and when we can start. Basically, she answered even our basic questions. Unlike our previous gynae, she said, NO you guys are not aged and it's about our individual preferences. This sounded like music to my ears. She also said that we don't fall into criteria of an IUI as our age factor is not at this side and IUI will repeatedly fail and hence makes no sense investing in IUI first and then going for IVF. This was relaxing because our previous gynae asked us to go for IUI.

She asked for an ultrasound and prescribed certain medicines and asked us to visit on a specified date for next cycle.

We were so happy with this visit and had lot of hopes here. This visit was peace to our soul. We liked Dr. Kanika Kalyani a lot and her approach to proceed forward. Apart from Dr. Kanika Kalyani, there were 2 more doctors- Dr Prachi and Dr Anmol. They both were also warm welcoming. They all three were one team.

7. The beginning of IVF – Meeting Dr. Kanika Kalyani



Finally, IVF was about to start and a day before I was too nervous. Nervous on medication part, nervous for results, basically everything. We had lots of hope, and we just don't want anything to be vanished.

So, we visited Indira IVF again on a said date where all my medical procedures and medications started.

Egg quality was checked and further monitored, and I was asked to visit the centre on the specified dates to know the egg maturity and for regular follow-ups.

Egg and sperm collection process also started. Egg collection procedure was minimally invasive but was performed under complete anaesthesia and proper care and precautions were well taken into consideration.

This was the phase of lot of medications, but I anticipated the same. It was just a mild discomfort.

Finally, everything was in place and now embryo needs to be formed by the sperms and eggs collected. We were asked

to visit IVF centre on a specified date again and then for further follow-ups as well until embryo is all formed.

Finally, we were informed and announced the date of embryo transfer, and we were given time to arrive at the IVF centre.

I just could not believe that this is all happening. Believe me once this process started, it just continued seamlessly.

I finally applied for a leave from the office in advance for three days post my embryo transfer to avoid any exertion both physically and mentally. Although you can continue resuming your normal activities immediately after embryo transfer. But I believe your stress has significant impact on your pregnancy and hence if you can take a leave then it's good.

8. Embryo Transfer Day: Hope and curiosity



Everything was set and finally this day came. Vikas, my mother-in-law and myself left for the IVF centre with positive hopes. I was bit nervous about the embryo transfer procedure. However, this is painless with just a little bit of discomfort. Along with me, there were three more ladies whose embryo transfer was on the same day. Finally, we all 4 ladies were waiting for Dr. Kanika Kalyani to complete embryo transfer. And after the said time, she arrived and one by one, we were called for embryo transfer. Embryo transfer is performed in the IVF Centre itself.

After embryo transfer, we are asked to lay down for half an hour and then resume normal chores and activities. There are lot of medications prescribed, and all these are hormonal medicines to be taken moving forward. Vikas went downstairs to pick up medicines for next 14 days.

After the embryo transfer, I was feeling a bit different. I felt that there is little life now which is currently inside me waiting to bloom. Suddenly I had motherly feelings, and I was

very happy inside. Vikas and my mother-in-law were also very happy.

Post embryo transfer and resting for half an hour, we were asked to leave and were asked to visit the centre on the 14th day to confirm the pregnancy results. We took all the medicines, and we left for home. At home, I took some rest and then resumed my chores avoiding strenuous activities, bending or jumping. I was suddenly walking slowly or sitting gently to avoid any mishap keeping in mind that I have a little life inside me now. I was taking all the medicines timely as prescribed.

Now the wait time was 14 days. I also resumed my work on the 4th day of embryo transfer but just kept myself away from stress.

I was just worried about the results now. Every time I use to get up and do something, I always reminded myself that I have to walk slowly as someone is inside me. I was cherishing this but at the same time, I was also worried about the results as well.

Usually, we are advised to keep ourselves busy in the daily chores so as to avoid thinking much on the results part as this stress can also be harmful for conceiving.

9. The result day: Awaiting the News



Finally, the results day arrived. Vikas and myself left for the IVF centre early in the morning around 10:00 AM. We prayed to God in the hope to fulfil our wish, took blessings from Mother-in-law and left. We reached IVF centre and waited for the results. I met those three ladies as well whose embryo transfer was done on same day. We wished each other good luck with a big smile. I still remember I was sitting near the reception and waiting for my turn. I was called for blood sample and then results were about to come in next 3-4 hours. We were asked to either wait or we can go back home. We chose to stay there. Other three ladies had a positive pregnancy test which was announced as well. My result was still awaited. Time passed by and we had no clue about our results. We approached a junior doctor and even the receptionist but all they said is that Dr Kanika will talk to you and will reveal the results.

Vikas now had a negative feeling somehow. I was also bit quiet. Finally, we were asked to meet Dr Kanika in her cabin. She was looking little bit concerned and upset too. She finally said, I am sorry, this cycle was not successful. The moment she

said, I skipped a beat and I don't know how I was feeling. I just felt numb. Tears rolled down my cheeks before she could even complete that one sentence. Vikas managed to ask the reason somehow, but she said that she will investigate it because everything was all good and that endometrium lining was also beautiful and that there is no reason for this cycle failure.

I was not in that state of mind to listen more, and I just stood up to go out. I just wanted to run away somewhere, run away from Dr Kanika and just wanted to hide my face from everyone who were sitting in that centre because I was crying uncontrollably and I just don't want anyone to see my face. Still Dr Kanika told me to reconnect with her in case I find difficult to cope with. I just nodded my head and started walking out. I was literally walking very fast and Vikas was behind me. I asked Vikas that I want tea. The moment we were far away from IVF centre, I started crying my heart out on this cycle's failure. Vikas was also upset but he was just not saying anything, may be because he did not want to magnify it. After having a cup of tea outside, we took a rickshaw to head back home. I kept crying silently in the rickshaw as well. Meanwhile thoughts were flashing in my mind as to how slowly I was walking before knowing the results considering that I might be pregnant but post hearing the news, I was walking fast or even running. How everything gets devastated in just couple of minutes. We reached home and my mother-in-law had a smile on her face if there is good news but then she saw me crying and finally she came to know. I just went inside my room. Vikas also came inside. We hugged each other real tight for a long time, and I burst into crying.

We ate lunch for which I was least interested and then just came back to my room. I wanted to sleep badly because I just wanted to relax but now, I was too overwhelmed to sleep back. I had indefinite number of thoughts firing inside me and I could just cry. Vikas was still without a job. And now that we have an unsuccessful IVF cycle, we have lost lakhs of money. We were just trying to at least get one aspect of life sorted but this failed miserably, and we were back to point zero from where we started. I felt failure on 2 major aspects of life- Both family and Vikas's job.

Vikas went quiet and was talking very rare and this is the way he deals with situations. He goes in his silent zone and deals with problems silently.

So, Vikas and I both could not sleep in the afternoon. In the evening, we had tea and I asked Vikas to come with me to the local market. I went to the market and bought myself an idol of Baal Krishna and Lord Ganesha. I made a wish to Bal Krishna, cried in front of that idol and prayed and bowed my head.

It was good that the results were out on the weekend because I had an office to resume on Monday. Now again the twist came where I was asked to visit Kolkata TCS office for a week for a client visit as my depute location was still Kolkata though I was living in Mumbai. I just did not want to visit Kolkata after getting drained so emotionally. But I had no choice but to visit Kolkata.

10. Starting the Next IVF cycle – a warmup phase



Two weeks passed by, and I just could not get over the results of the first IVF cycle and neither do Vikas. My mind was completely full of triggering and firing nonstop thoughts. I just cannot find peace anywhere. We decided that we have to visit Indira IVF once again to rebegin the journey. Bygones are bygones and show must go on. Finally, we visited Indira IVF again and met Dr Kanika with a prior appointment. This time I was in the frame of mind to listen to her. She greeted and welcomed us. She gave hope to us and asked us to not to worry. We asked for next IVF cycle, and she said yes, we can begin from next month onwards. She asked for a sonography and asked us to meet next month on a specified date. She also prescribed medicines which I need to take before beginning my IVF cycle.

This time was completely filled with emotions and fear. In the previous cycle, we were just excited with the blank slate but this time, I was fearful and have a question what if this cycle also fails? What if I will not become a mother? We were

worried on Vikas's job. We were worried about financial investment that we were making in IVF.

It was just my regular follow up at the centre and I came across a woman who had 6 failed IVF cycles. I felt very bad while I was connecting her pain with mine but still mine was just 1 failed cycle. I just cannot imagine her pain. But this time she was pregnant, and it was pure efforts of Dr. Kanika Kalyani. She said that with her efforts, I am pregnant with first IVF cycle itself in Indira IVF as last 6 IVF cycles were from different centres. This somehow gave me positive vibes with the Indira IVF and Dr. Kanika Kalyani.

I met Dr. Kanika Kalyani in the lobby, and she warmly smiled at me and said, don't worry. Everything would be good. She crossed her fingers and gave me immense hope.

So now pre-preparation of the next IVF cycle was on. Vikas was still searching for the full-time job, and I booked my train tickets from Mumbai to Kolkata.

I was just not feeling like going to Kolkata, but I just cannot help myself. In the train during the entire journey, I was upset and trust me, I was silently crying under the blanket. I just could not get over the results; I was just worried about the results of the next IVF cycle because I knew this time if the second cycle will fail again then I will not be able to handle myself. I was worried about Vikas's job. I was worried about going to Kolkata which I never wanted to go and there was a continuous pressure from TCS to start working from office and I just don't know how to handle this because I cannot alone shift to Kolkata while my treatment is ongoing in Mumbai which I cannot even inform TCS. Plus, we cannot

shift to Kolkata because neither we do have any house there and shifting at this time will be a financial burden. I was just thinking if this first cycle would have been successful then nobody would have called me to Kolkata. My mind was burning inside with no answers to these questions.

If I can pen down my feelings at that time, then trust me, I cried during the entire train journey. I could not sleep all five days of my Kolkata stay and wanted to return to Mumbai for which I started searching return tickets as well. I could not concentrate on my work and kept crying over the phone with Vikas. My distressing thoughts were just not stopping at all.

Anyways, I finally returned to Mumbai after completing my Kolkata trip and my second cycle started. Same process was repeated but this time with more extra care and precautions.

Great news ahead- Vikas got a job. Yayyyy. But this was in Bangalore and not Mumbai. We all were very happy, but I was like bit upset that Vikas would not be in Mumbai. Anyways, Vikas decided that he will travel from Mumbai to Bangalore every week. He had a work from home for 2 days and 3 days' work from office. Hence, he will be in Bangalore for 3 days and 4 days he will be in Mumbai. We know that this was difficult, but we decided as a family that let's continue our treatment here in Mumbai and if I conceive and once we get doctor's permission to fly then we can go and stay in Bangalore until Vikas pursue his job in Bangalore.

There was one more hiccup. I had an HR escalation from TCS to return back to office in Kolkata. I asked for a transfer to Mumbai, but it will take a long time. I just don't know what

to do and it again triggered my worry because if this time, my IVF cycle will not be successful then I have to go back to Kolkata and Vikas will up down from Bangalore to Kolkata and my mother in law will also stay in Kolkata. And if my cycle is successful then everything is sorted. I will be working from home in Mumbai as I cannot leave the city while under the treatment and Vikas will be travelling from Bangalore to Mumbai. As a family we decided this and went ahead for the next cycle.

I was finally given a date of Embryo Transfer which was completed successfully. This time, they also gave me an IV drip for extra nourishment of an Embryo. I was asked to lay down for 30 minutes and then I can leave for home and come back after 14 days for the results.

Thankfully, embryo transfer date was on weekend and Vikas was also there with me along with my mother-in-law. We took medicines as we finally left for home.

11. The second cycle: Another waiting game



Finally, after the completion of embryo transfer, wait time started for the results. I must say I was happy now. Though I was little bit worried about results, but I decided this time that I will not worry about my results this time. I believed in God and left this in his hands. I have done my part right. Vikas also has a job now and hence I was bit relaxed. Although Vikas was not in Mumbai. He was in Bangalore, so I tend to miss him. Anyways, this time, I simply took 15 days leave from the office as I just don't want any sort of stress. Apart from this, I bought some activity and colouring books to release my stress or pass my time during this waiting phase. Also, my mother-in-law asked me to not to work in kitchen and take rest during these 14 days to allow for conceiving. This time, I was also repeating positive affirmations day and night about my pregnancy.

On day 10 or day 11, I felt something inside me (something different) and also had slight pinkish discharge as well. I have already done a lot of research on this, and it seems to me that Implantation (embryo attaching to the uterus)

happened. I was happy but I just do not want to raise my expectations.

Finally, the results day arrived and this time even my mother-in-law accompanied us to Indira IVF. Blood samples were drawn and we were now waiting for at least 3 hours in the centre itself.

We were just casually sitting and suddenly there was an announcement, Congratulations, PoojaVikas on your pregnancy. Your results are positive.

OH MY GOD. I burst into tears. My mother-in-law had tears in her eyes and Vikas just don't know how to respond. We hugged each other and remained silent to absorb this GOOD News.

Everyone others who were there were also looking at us and congratulating us. I thanked God and I was still crying because I was unable to control my tears. It was Akshay Tritiya when I came to know that I am pregnant.

It was a DOUBLE Good news. I was pregnant with twins. Oh my god, it was just unbelievable.

I met Dr Kanika who was extremely happy and even she had tears in her eyes. She hugged me tightly and shared me her personal number to let her know in case of any emergency going forward and at any time. I met Dr. Prachi who was also very happy who gave me thumbs up. I met Dr Anmol who was also very grateful for this pregnancy.

You know what, entire Indira IVF centre members congratulated us. You will not believe, the lady who took my

blood samples was happy, the old man who was a gatekeeper was happy, the chemist downstairs was happy. Seems like everyone was celebrating my pregnancy. We all were happy as a family.

We purchased more medicines and returned back home. We had sweets to eat. My mother-in-law prepared some homemade sweet dishes to relish. It was 22nd April when I came to know the results. 24th April was my birthday. My mother-in-law decided to celebrate my Birthday by calling all my friends back home. All my friends from the society visited my house. None knew about my pregnancy. On the cake, it was mentioned Happy Birthday Pooja/ Baby. So, my father-in-law used to call me Baby and because he was not with us and we were missing him, I mentioned Baby as well on the cake. If you look at hindsight, we had names of both me and our little baby as well.

Birthday celebration went well, and we were all good.

I also conveyed my good news to my manager back in office and now I informed him that I cannot travel to Kolkata and will continue working from home.

12. Heartbreak: Miscarriage of 1 twin



Though we all were celebrating the pregnancy journey, a twist came into our lives. On 28th April, just 6 days post knowing the pregnancy results, I started bleeding. Within half an hour to 1 hour, I started bleeding heavily. We all were very shocked and afraid too. But since this was very heavy, I rested for a while, and we rushed to IVF centre. We met Dr. Kanika, and we discussed the case. I was given immediate medical attention to control the bleeding. The very next minute, even before Vikas could get hold over medicines post payment, Indira IVF staff started giving medicines from their emergency stock itself and filled it later once Vikas got them from downstairs.

I was on IV drips to control the bleeding, and it was also controlled on a larger extent. However, Dr. Kanika advised me to get hospitalized in Pragati Multi-speciality hospital under gynae named Dr Bhavin. Dr Kanika explained my case with Dr Bhavin, and I was hospitalized there and my treatment then continued from there until my bleeding was stopped. I was hospitalized for 2 days, and I was on complete

bed rest. Dr Kanika was in constant touch with us to know all the updates.

Post my discharge, I was on complete bed rest. Days passed by and we were tensed. Suddenly my pregnancy became so complicated. Vikas was here in Mumbai when I was hospitalized. The day after my discharge, Vikas left for Bangalore. After 3 days of discharge, I again started bleeding, and this bleeding was far heavier than the previous one. This time I literally cried in despair. Even Vikas was not in Mumbai. I was not having good intuition about my pregnancy somehow. I informed my mother-in-law who also got tensed and we immediately rushed to the IVF Centre. My mother-in-law was a huge pillar of support to me. I straightaway met Dr Kanika and medical intervention began. Bleeding was controlled but I was not feeling good. I was crying silently and praying for the wellbeing of my babies. Finally, I had to go through an ultrasound now. An ultrasound revealed that we have lost 1 twin and for the second one, until now, there was no heartbeat. I was once again broken and devastated. I just don't know what to do, what happened suddenly. There were lot of thoughts firing inside me and again with no answers to these thoughts. I was crying uncontrollably. Dr Prachi, Dr Anmol and Dr Kanika consoled me and asked me to visit post 2 weeks to check for heartbeat again.

I just could not wait for next 2 weeks because I don't know how I would control my anxiety until then. My mother-in-law and myself left for home. I kept crying in the car. My mother-in-law gave me immense strength to deal with the problem, but nothing relieved me. My mother-in-law was always standing with me like a pillar. She is being 82 years

young kept on running back and forth in the centre to bring medicines and other necessary stuffs.

Indira IVF was also huge support for us while Vikas was away. Knowing that my mother-in-law is aged, chemist was delivering medicines along with bringing the payment machine upstairs so that my mother-in-law do not have to rush up and down and I simply could not move.

We reached home and I called up Vikas and cried uncontrollably while telling him everything. He was also broken but consoled me.

This wait time of 2 weeks were extremely breathtaking due to uncertainty. You know what, I already started looking for twin baby strollers or twin clothes in the hope of twins, but this hope was all gone now. I was extremely disheartened. I always wanted twins in the hope of completing family all at once but seems like God had different plans. Vikas also returned back from Bangalore, and I cried a lot hugging Vikas. Vikas was not showing but he was also very disheartened.

We have no other choice but just waiting for next 2 weeks.

13. The sound of Life: Hearing My baby's heartbeat



Finally, the 2-week wait was over. I was feeling stressed out and nervous. I know all these emotions are very harmful during pregnancy but somehow, I could not control it. Today I was so nervous because of uncertainty as to what is going to happen. Does my child have a heartbeat now? We finally reached Indira IVF, and I was called for an ultrasound. Vikas and I both looked at each other, I had teary eyes but hiding my tears, I went inside. Ultrasound started and I heard the heartbeat of my child. OH MY GOD, I was so relieved, so grateful, so thankful that I started crying louder in happiness. This time also, I was crying uncontrollably. It was Dr Prachi who was doing ultrasound and saw tears in her eyes as well. She wished me best of luck and asked me to be cheerful and happy.

She called Dr Kanika to even look at ultrasound. Dr Kanika was also incredibly happy. She just advised to be on bed rest for first 3 months of pregnancy to avoid any kind of bleeding or complications. She prescribed medicines as usual and I walked out of the room. I was still crying, and my eyes

were searching for Vikas. Vikas saw me crying but he was smiling back at me because he understood that these are the tears of happiness and that we are now parents. I told him about the heartbeat part, and we were happy. So many people were sitting out there in the centre, and I just forgot that. All of them saw me crying. Finally, I realized that I am in public place. We took medicines and we headed towards home. My mother-in-law was also happy.

Regular follow-ups continued with different ultrasounds at different months to record baby's growth. All these ultrasounds happened in the Indira IVF itself. I enjoyed a lot looking baby on the screen during ultrasounds.

All these follow-ups continued until 7th month of pregnancy.

I totally relished the experience that I had in Indira IVF. Coming back to the experience, I wanted to share one more story within these 7 months. After my 3 months of pregnancy, we asked Dr Kanika if I can travel to Bangalore via flight if she agrees. And if you remember this was our initial plan to shift back to Bangalore with Vikas as Vikas's job is in Bangalore and I would be working from home. And Indira IVF centre was in Bangalore also and my treatment can continue from there. She said OKAY to travel. We finally travelled and I landed successfully in Bangalore. But during my first visit itself to a gynae in Bangalore, we decided as a family that we want treatment only under Dr Kanika as we were very comfortable with her and plus she handled our case during emergency times so well that we had built trust with time. It's not only about Dr Kanika, but also about an experience with

entire team and every individual of Indira IVF. Talk about Dr Prachi or Dr Anmol, what a positive smile on their faces every time. Talk about the gatekeeper even, what smile they have every time while opening and closing the door. When I was hospitalized while Vikas was away, my mother-in-law has to bring on time medicines from downstairs chemist but going downstairs repeatedly seems difficult at this age. Because staff understands that she is 82 years young, they use to call the chemist to deliver medicines upstairs along with scanner so that I can pay upstairs while laying down. So, all I can conclude is that treatment first, patient first, rest will be taken care. Also, I remember when I was discharged and we need to go back home, I booked a cab but we had a luggage to carry which I cannot hold because of pregnancy complications and it was too much for my mother in law to handle, at that time, one housekeeping person carried our bag and went outside, brought the cab inside and made us sit comfortably. These were the little gestures that caught my heart. Hence, this faith, these gestures and the overall trust brought us back to Mumbai so that I can be in safe hands (under Dr Kanika and her team) and that too within 15 days. Within 15 days, we travelled from Mumbai to Bangalore and then vice versa and this was just because we know that our baby is safe and in safe hands.

14. Choosing the right Gynaecologist



Finally, we reached at 7th month of pregnancy. So, our entire treatment continued with Indira IVF but post 7th month, we need to look for a gynae and register ourselves with the hospital for delivery. So, until 7th month you need to visit IVF centre, and they give you entire medicines until birth but from 8th month onwards, our follow-ups will be in the hospital and not in IVF centre.

Dr. Kanika advised us for the options to choose the gynae. She gave us the option of Pragati Multi-speciality hospital under Dr Bhavin (where I was hospitalized earlier during heavy bleeding) or Cloudnine under Dr Nikhil Dattar. Choice would be ours as per what we can afford and go with. She was also fine for any other hospitals but with these two gynae, she knew the experience and for successful childbirth, she helped with her experience. She has exceptionally good relations with both Dr Bhavin and Dr Nikhil Dattar and in case of any emergency, Dr Kanika can also connect with both.

So, we decided to go for Cloudnine under Dr Nikhil Dattar.

Finally, this was the last visit in Indira IVF. We said thanks and goodbye to all the doctors, especially Dr Kanika, Dr Prachi and Dr Anmol. We thanked the entire staff of Cloudnine for our seamless experience. We took medicines from Chemist downstairs, and we thanked them as well for timely help and support and we left for home.

Now we were embarking on a new phase of life, and it was so exciting for us. Finally, we booked an appointment with Dr Nikhil Dattar at Cloudnine.

In the meantime, as we all were happy, we started shopping for our baby. My mother-in-law was extremely excited for baby's shopping. So, although we didn't know whether it would be a boy or girl, but we shopped for unisex clothes. We bought all kind of clothes like little jhablas, night suits, full dress pullovers, sweaters, baby sheets, baby bedding, hankies, bibs, blanket, nappies, towels, feeding bottle, soap, moisturizer, cream etc. So I took this entire list of baby stuffs from my new mom friends. We were incredibly happy. We purchased few online and few we purchased from the physical store as well. This experience of shopping for little clothes for little one was awesome. Entire shopping was done.

15. Visiting Cloudnine: Meeting Dr. Nikhil Dattar



Alright, we left from home to have a first meet with Dr Nikhil Dattar. Who does not know about him. I hope you guys know that he was interviewed in "Satyamev Jayate" with Amir Khan for his known contributions in the field of medical science with respect to gynaecology. He manages all the critical pregnancy cases. We also enrolled under him with Cloudnine as my age was also 37 when I conceived. Alright, so we were waiting outside for our turn to be called out. Until then we had some tea and Vada pav. Our number came and we went inside. Dr. Nikhil Dattar greeted us and asked how he can help. We informed him that we are here from the reference of Dr Kanika as our treatment was ongoing in Indira IVF. He got very happy and remembers that he himself was the gynae for Dr. Kanika. Oh my god, we sensed a sigh of relief because Dr Kanika's delivery was also done by Dr Nikhil. We intuitively knew that we are now in safe hands. He looked at our file and asked for a regular checkup followed by an ultrasound. Results were good and normal. He checked all the medicines, and he was okay with the same. Dr Nikhil was also

a positive person and was very friendly to discuss and speak about any pregnancy issues.

He gave another date for a follow up to check for baby's growth and then discuss on the plan of delivery mode-whether c-section or normal as soon as we will be near to due date.

My due date was calculated as on 27 Dec 2023. However, Dr. Nikhil Datar said that it might be a week or two earlier as well and hence needs planning accordingly. Just to inform, my normal delivery was too impossible to achieve because I was on bed rest for almost 4 months of my pregnancy. There was no exercise in any form due to heavy bleeding as well. Hence deep inside I was sure that it will be C section only. Anyways more follow up dates were given and we went for regular follow-ups and checkups.

16. Is it premature delivery?



So, this was around mid of Oct and Navratri already started. During Navratri's, our society organises social events to celebrate Navratri's and I was also a part of this celebration. Although I could not wear all the colours of Navratri's as I did gained weight but can still wear some of the beautiful colours. So, this day was the 4th Navratri and We were supposed to wear white. I wore the top of my mother-in-law as none of my clothes use to fit me. I enjoyed downstairs and clicked loads of photos with my friends and then came upstairs. Today Vikas was also coming from Bangalore to Mumbai and he came around 12:00 AM. We ate food and we slept around 2 AM. At 5 AM, I went to the washroom and surprisingly seems like my water bag was leaking as there was flow of water. I thought it to be just one of the case and I slept. I again had an urge to pee and was up again at 6:30 AM. This time, my bed was slightly wet, and my water was again leaking and this time it was heavy water flow. It sounded so weird. I woke up Vikas and my mother-in-law and informed them about this. Seems like issues with water bag. So, my mother-in-law said to rush to the hospital as this is not a good sign.

So, it was 7 AM when we rushed to Cloudnine. We were in emergency. Doctors and Nurses checked and they informed Dr Nikhil Dattar over the phone. He answered and he asked to start with the medications to develop baby's brain and lungs. They started with the medications, and these medications were to be continued for complete and regular 24 hours. Nurses also started preparing me for the c section in case it would be required or the need arises. I was immediately hospitalized. I was just 29 weeks pregnant.

Post 9 AM, Dr. Nikhil Dattar also arrived, and he explained us the entire process so calmly. He started to explain that this is okay. However, we will do regular ultrasounds to check the level of amniotic fluid because this must be in the optimum level for the baby to survive. He asked if I had or have any cramps or any labour pains. I said "No" and he said that we do not want to go for delivery at this point in time because mother's womb is always best for a child to develop properly and if there are no labour pains then we can wait for the delivery. However regular ultrasounds and baby's heartbeat will be continuously checked and monitored. He explained all the options. He said if we want to go for delivery now then baby will be premature and his brain or lungs or both could be impacted and will be in NICU and might go on ventilator as well. But if we postpone then we give time to the baby to grow and develop. Since this is IVF, any which way we will not wait for 38 weeks. Instead, if there will be no labour pains then we will wait until 34 weeks and will go for delivery. The only loophole to keep waiting was that since we would be waiting and that the water bag keeps leaking then there are more chances of a mother to develop an infection

and may also transfer to the child. But this infection could be treated. So, at that point in time, only option was to wait as much as 34 weeks.

The medications which were started were to ensure that there is NO or minimal impact on baby's brain and lungs.

So, these medications were all successful. I was still hospitalized for monitoring purpose in case I feel any cramps or labour pains to avoid any hassle as this was critical pregnancy. I was hospitalized for 13 days. My baby's heartbeat was getting monitored day in and day out. With every single passing day, we were happy that there is one more day for my baby to grow in the womb. However, we all were very exhausted in the hospital. Vikas took a work from home, and he was staying with me all these 13 days in Cloudnine, and my mother-in-law used to come in the morning and then leave in the evenings. She used to cook and bring some food for Vikas and myself. So, it was kind of a very tiring affair. Apart from physically tiring it was financially tiring as well. So, then we requested Dr Nikhil Dattar if I can be discharged and then return in case of any complications because we don't know when the labour pains will begin or might be possible if we complete 34 weeks successfully without any hassle.

Dr. Nikhil Dattar said yes, it would be fine, but I need to be very cautious and baby heartbeat monitoring should be there and recorded and should be sent to him every day. We asked for any tool or any portable machine via which we can monitor baby's heartbeat. He talked to someone who can come to our house and give the device on rent, and we can then monitor baby's heartbeat from the comfort of our house.

Dr. Nikhil Dattar was very helpful in giving prompt solutions to us as per our convenience. If there would have been some other gynae apart from Dr Nikhil Dattar then he would have done C section immediately, but he is the one who waited for until I had any labour symptoms so that baby can get womb environment for the growth and survival.

Finally, I was discharged on Wednesday. After working for so many days on WFH, Vikas decided to go to Bangalore for a day. Hence, he left for Bangalore on Friday morning only to return on Saturday. Haha. I was bit tensed what if something happens on Friday? However, I had no symptoms although. He finally left for Bangalore.

17. Finally, Baby onboard!



Alright, let me uncover the most important topic here. Finally, Vikas's flight landed in Mumbai on Saturday 12:00 AM. Just at that time, I started feeling abdominal cramps. It is very funny to say that my baby wanted to do something unusual only when Vikas landed to Mumbai. My water bag started leaking the day Vikas came to Mumbai and similarly I started feeling cramps at the same time when he arrived in Mumbai. Although I could not understand that these are the cramps because this is my first child and I didn't know how labour pain feels like.

So, I was getting uncomfortable and with time, it only increased. I was not even feeling like eating anything but because I was pregnant, I ate a little bit. While we were trying to sleep at 1:30 AM, my cramps got more painful. These pains were coming and going. The pain was extremely shooting pain, which was coming in my lower back, it stayed for 4-6 seconds and gone. Earlier the pain was coming in every 10 minutes but slowly and gradually, it started coming within shorter span of time. I still could not understand that these are labour pains. Apart from these pains, I started getting

fever. We called up Cloudnine in emergency. We informed about my fever and the pains that I had. They said that I can take crocin to lower down the fever and if not controlled that I need to visit Cloudnine. I took crocin. However, my fever did not lower down and my cramps kept on increasing. Pains were coming and going within shortest spans. Finally, at 5 AM, we decided to visit Cloudnine. I could not sleep the whole night. Finally, my mother-in-law packed my bags and baby's bag as well and we headed towards hospital. Pains were getting unbearable minute by minute. Finally, we reached hospital in an emergency. They checked and confirmed that I am already 4.5 cms dilated. It was 7 AM when we reached Cloudnine. The emergency doctor called up Dr. Nikhil Dattar in an emergency. Dr. Nikhil Dattar was out on a morning walk, and he informed that he is reaching Cloudnine shortly. He asked to get the OT prepared as well. This was a very funny incident that There was only 1 seat vacant in OT somehow and on that seat, there was one more lady's C section planned. So, Dr Nikhil Dattar and his assistant fought with another patient's gynae stating that this is more urgent as I was already dilated and another one's was only planned and can wait. I was so relieved to hear that mine was getting progressed immediately.

While Vikas was completing all the formalities and bringing medicines up, I was prepared and was shifted to OT. We were waiting for Dr. Nikhil Dattar now. I was placed on the operation table, and all the machines were placed to monitor me. OT was extremely cold, and I was shivering uncontrollably. I also had fever as well. Finally, Dr. Nikhil Dattar arrived, and anaesthesia was given in my back. C-

section began. I did not feel anything, and my baby Girl was born. Yayyy. It was the time of celebration. I saw her face and aww, I still remember how she was looking. I kissed her on forehead. Tears were rolling down my cheeks, and I almost forgot that my C section is ongoing. I was feeling blessed and because, it was a girl, I was very happy deep within. Although this was a premature delivery and my baby was not even 2 kgs, she was immediately shifted to NICU. And I was shifted to recovery room where I had to stay for long 6-8 hours. I believe I was completely unconscious after delivery because Vikas and Dr Nikhil Dattar also visited me, but I am not aware of. So, this was a successful delivery. My mother-in-law and Vikas was informed as well.

18. NICU saviour: Dr Tanushree Mukherjee



So, while I was recovering in the recovery room, my daughter was in NICU, and she stayed there for 4 days. In NICU, my daughter's paediatrician was Dr. Tanushree Mukherjee. She was an extremely kind lady with soft heart. In NICU, my daughter was fed my breast milk via the baby spoon. A mother can visit and sit with the baby at any point in time but for others including the father, there were visiting hours. So, I use to pump the milk and then go to the NICU and give it to the nurses who use to feed the baby. They also taught us to feed the baby ourselves. So, this is because the child was premature, they need extra care. They teach us so that mothers can become independent too in handling a premature child when the child is shifted to the ward. Dr. Tanushree Mukherjee was a life saviour for us. She is so good with the newborns and ensure that parents also understand everything in simple layman language. She used to address us mamma and Dadda. We used to feel very bad to see our daughter in NICU, but we knew that we are in safe hands. Our daughter had jaundice as well. So, she was treated with light and photo therapy under controlled supervision of Dr.

Tanushree Mukherjee. Somehow, she also had an infection for which she was on antibiotics. Now this was strange that she had an infection along with Jaundice. She had an IV line, and we were feeling so bad about it because when the medications use to go, she uses to cry a lot. But Dr. Tanushree Mukherjee kept us updated after every visit. Hence, we were happy. My mother-in-law has not seen our daughter because no one apart from parents were allowed to visit NICU. So, she was little bit overwhelmed that she has not seen her even once, but she made sure that she abides by the rules. She did not come to visit NICU because it was the point of her safety. Thank God, my breast milk was in sufficient quantity, and they also said that Breast milk is very healthy and the child will grow fast. So, now her phototherapy was over, and my daughter was recovering fast. Dr Tanushree said that we can shift her to the normal ward with us where I can take care of her. Now I was also ready to feed her breast milk via child spoon and can also change diapers as well.

19. Postpartum Complications: Infection in C section stitches



It was already three days post my c-section. And this day was my discharge day. I was discharged from Cloudnine, but my daughter was still in NICU. Although very soon, she would be shifted to normal ward with us and the antibiotics for her infection will be continued in the normal ward itself. Now, Though I was walking but I still had severe pain in my stitches. I could not get out of bed as well. I cannot even stand for a longer period. Unfortunately, I even went little bit feverish also. Later when I went to take a shower, I saw that all my c-section stitches were bleeding and oozing. I immediately called a nurse and Dr Nikhil Dattar was informed. In the evening, I was called in semi-OT room to check for c-section stitches. They were extremely painful. This time, to check the infection, Dr Nikhil Dattar cut one stitch, and he saw pus being formed in all my stitches. When he put a cut on the stitch, I was literally crying and shouting because it was so painful. After that it was decided that all these stitches will be opened, infection would be cleaned or removed and once again stitches would be closed. So, this meant another round of C-section. I was mentally disturbed.

Dr Nikhil Dattar was very helpful, and he consoled me that it's okay, you will not be able to even recognize what happened because this surgery would be done under complete anaesthesia.

Finally, after being discharged, I was readmitted and the next very day, I had this surgery in the evening. My blood samples were taken to identify the infection and then started the antibiotics for the same. Surprisingly when the blood results came, we found that this infection happened when my water bag got leaked and due to this infection (because it remained unidentified), my stitches also bled and this was the same infection which got transferred to my daughter as well. So primarily, my daughter and I were suffering from the same infection.

My daughter was also shifted to the normal ward with us, and we were very happy. However, I could not hold the baby in my arms because of the pain and the IV line. We were so happy to see her with us. Nurses brought the baby in the cradle with balloons, and these balloons were stuck on the door.

Finally, they got me ready for the surgery again. It was done under complete anaesthesia by Dr Nikhil Dattar. It was successful and I was in the recovery room. Later I was shifted to my normal ward. My antibiotics dose was to be completed for next 5 days to fight against the infection.

Still, I could not hold the baby much because of surgery being done and pain as well. Next day, I hold my baby but could not do much due to IV Line and pain. Dr Nikhil Dattar and Dr. Tanushree Mukherjee helped us with the nurse to

take care of the baby in the ward until I get completely recovered. It was a very good gesture from Cloudnine. On second day, I had less pain and I was relieved. Finally, the antibiotics course was completed both for myself and my daughter and my stitches pain was also over. There were follow-ups with both Dr Tanushree and Dr Nikhil Dattar, and they were good for me to get discharged. We both were finally discharged.

20. Together Forever: Our happy Family begins



Finally, this journey of hospitalizations came to an end. We now have a little baby with us. Although premature but she was recovering fast. There was a name ceremony that we hold. We pre-decided the names already. We kept our daughter's name as Avika. So, it was a mixture of my name and Vikas's name. Pooja's "A" and Vikas's "VIKA". We announced our baby's name to our relatives, and they were also very happy, and they found this name unique. We took blessings from Avika's dada and nana who are staying in our hearts no matter what. I wish both would have been here to shower their blessings. It was a happy ending. I was recovering and Avika was recovering too. Vikas and my mother-in-law also lended full support to me in taking care of the child.

21. Conclusion



Dear Readers, I have written this book to help aspiring parents to gather more practical and real time information on IVF. I have highlighted numerous struggles that we went through during the IVF procedure, but the main aim was to get through them and fight all odds and evens to get that successful. Problems are part and parcel of life, and we must keep moving forward. The main lesson learnt in our journey was that we had problems not only for child bearing but in other aspects as well like financial, job etc but we need to keep all the aspects at their respective places and keep moving forward and fight all the aspects simultaneously. There is no other way to move forward. I wanted every aspiring parent to read this book and relate with it. This will help parents to relate and unfold new twists in the upcoming life. Always remember that your doctors are the people who can make you or break you during your rough and tough times. If they are good, then nobody can beat the hell out of us. Thankfully I was lucky with respect to this. I hope and believe that my book will be an emotional support to all the aspiring parents dealing with this journey.

Also, I have seen that many people see IVF treatment as a taboo assuming either one or both the partners cannot conceive naturally, and people view such parents or couples with inadequacy. Also sarcastically, IVF babies are termed as Test Tube babies. My honest advice, IGNORE. Just remember, this is your cell which is been taken out of your body to make a baby and then this baby is going to be nourished inside you and it's you who is going to deliver the baby. All in all, it's your part of the body and heart. Embrace it with heads high and with proud. If this slightly different procedure is giving you the peace of having a child, what's wrong? Go For It!

In case anyone has any questions to ask, please get in touch with me personally and I would be happy to answer those. Please reach me on poohi24@gmail.com

Acknowledgments



The biggest acknowledgement and gratitude to whom I want to offer to is my papa (my father-in-law). Just known him for less than 6 years but I still miss him somewhere. He was my partner for a cup of tea always and at any time. Whenever, I use to make tea, I knew that he would always be there and this is something that I miss terribly today. If Avika would have arrived earlier, we knew that Papa would have been with us today. This is the biggest regret that I have that he could not see his granddaughter. Believe me, if papa would have been there, my motherhood journey would have been more graceful, and I knew that one cup of tea with him will heal me completely. He was a man of few words. But with few words also, he has the power to challenge your thoughts and transform you to a different person. Vikas and my mother-in-law are always there for me but with papa, it hits altogether different.

First, special thanks to my mother-in-law, Mrs Veena Devnani who was with me through thick and thin during this entire journey from beginning till the end. Without her, this would have not been possible. I still remember that when I

was bleeding heavily, she was cleaning all the messy floors, and nobody would have done that. A mother can only do such acts of kindness.

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