

Supplementary Table SII Themes from the solutions provided by participants for overcoming the challenges of planning for multiple cycles of IVF/ICSI, the challenge they apply to and illustrative quotes.

Theme	Challenge	Illustrative quotes
Managing expectations	Ability to afford multiple cycles	“reading up on “normal” side effects to know”. (P1, F, 37)
	Negative physical effect of treatment	“Google, research” (P97, F, 33)
	Burden of treatment on relationship	“Spirit of optimism” (P255, M, 40)
	Stressful interactions with staff	“Understanding the success rates” (P124, M, 31)
	Coping with the possibility that the cycle is unsuccessful	“being realistic in your expectations” (P58, F, 26)
	Negative emotional effect of treatment	“ask my facility about success rates” (P289, F, 31)
	Not knowing how body will react	“Hope and research” (P276, F, 32)
	Not knowing the chances of pregnancy with another cycle	
Modifiable factors	Negative effect of treatment on work/daily activities	“Savings, delay building our house, credit cards/loan as a last resort” (P16, F, 26)
	Ability to afford multiple cycles of treatment	“Use savings” (P17, F, 36)
		“Start saving as much money as possible” (P88, F, 33)
		“Cut back massively and save” (P189, F, 32)
		“Arrange schedule with work to avoid added stress” (P124, M, 31)
		“reduce working time” (P137, F, 29)
Self-care	Negative physical effect of treatment	“Self-care and time for myself during treatment” (P66, F, 32)
	Burden of treatment on relationship	“Practice mindfulness” (P83, F, 28)
	Negative impact on work and daily activities	“Getting in best physical and mental shape” (P117, F, 30)
	Not knowing how body will react	“Make time to spend quality time together” (P101, F, 25)
		“try to keep as active as possible” (P98, F, 32)
Communication	Burden of treatment on relationship	“Be as open with each other as possible—it’s a 2-person journey” (P269, F, 34)
	Stressful interactions with staff	“Communication is key” (P304, M, 37)
	Negative effect of treatment on work/daily activities	“Be open with manager” (P101, F, 25)
	Coping with the possibility that the cycle is unsuccessful	“Communicate with partner friends and family” (P111, M, 37)
	Negative emotional effect of treatment	
Support	Burden of treatment on relationship	“Talking, counselling” (P305, F, 38)
	Negative effect of treatment on work/daily activities	“potential use of counselling” (P201, F, 30)
	Coping with the possibility that the cycle is unsuccessful	“Talk with friends and gain as much info/knowledge from forums etc” (P269, F, 36)
	Negative emotional effect of treatment	“Speak to those who have been through it before” (P64, F, 38)

Note: P = Participant, F = Female, M = Male.