



## Frozen Embryo Transfer "Freeze cycle"

*Cryopreserved fertilised eggs (embryos) can be thawed and transferred to the womb. The current legislation in Denmark allows frozen embryos to be stored for up to five years.*

*If you have been pregnant, you must have stopped breast feeding and your menstrual cycle should be regular. In case of doubt your 'milk-hormone' level (prolactin) may be measured.*

*Normally we will transfer one thawed embryo per cycle.*

Please note: Ovitrelle® / Pregnyl® must be stored in a refrigerator

### **Women with a regular menstrual cycle shorter than 35 days**

Call us when the menstrual bleeding starts and make an appointment for an ultrasound scan around day 10-12.

At the scan, the thickness of the endometrium and the diameter of the leading follicle are measured.

When the follicle is ready (17-18 mm) we will plan the following:

- Trigger injection: Ovitrelle® 250 micrograms (equal to 6500 IU hCG) or Pregnyl® 5.000 IE (if Pregnyl® is used 5000 IU is 1 ampoule liquid + 1 ampoule 'powder'). Should be taken in the evening.
- Blastocysts are thawed and transferred 5-6 days after you took Ovitrelle®.
- On the day of thawing, please call us at telephone number +45 39405252. We will then inform you about the quality of the thawed embryo. On weekdays you should call around 11 a.m. On weekends and holidays please call at 10 a.m.
- We plan the date and time of the embryo transfer with you. Blastocysts are thawed and transferred on the same day. Please come with your urine bladder *slightly filled* for the embryo transfer.
- On the day of the embryo transfer you should take 100 micrograms hCG. Take 10 'clicks' from an Ovitrelle® pen.
- On the day of the embryo transfer you should also start taking progesterone vaginally, either Cyclogest® or Lutinus® three times daily or Crinone® two times daily.
- A pregnancy blood test is taken 17 days after the initial Pregnyl® injection.

### **Women 'without' cycle or with a menstrual cycle longer than approx. 35 days)**

Start on day 2-3 with oestradiol tablets (see reverse). Take 3 tablets daily with approx. 8 hour intervals.

- Have an ultrasound scan 10-12 days after you started oestradiol. When the endometrium is thick enough you can start progesterone (Cyclogest®, Lutinus® or Crinone®). You should also continue taking oestradiol. Most women should also take one Cyclogest® daily in the rectum.
- Blastocysts are thawed and transferred 5-6 days after you started progesterone. If the pregnancy test is positive, you must *continue* taking oestradiol and progesterone until you are 10 weeks pregnant.
- If the pregnancy test is negative, you may stop taking oestradiol and progesterone. A menstrual bleeding will then come a few days later.

**Freeze cycle with hormone treatment**  
*Transfer of thawed embryos in a cycle with oestradiol and progesterone.*  
*For women 'without' cycle or with a long cycle of more than approximately 35 days.*

