



## Frozen Embryo Transfer "Freeze cycle"

Cryopreserved fertilised eggs (blastocysts) can be thawed and transferred to the womb.

Normally we will transfer one thawed blastocyst per cycle.

If you have been pregnant, you must have stopped breast feeding and your menstrual cycle should be regular.

Please note: Ovitrelle® 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. Should be taken in the evening around 10 p.m..
- Blastocysts are thawed and transferred 6 days after you took Ovitrelle®.
- 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 Ovitrelle® injection.

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

Start on day 2-3 with oestradiol tablets (se 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 6 days after you started progesterone.
- 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.
- 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 can stop taking oestradiol and progesterone. Your menstrual bleeding will then come a few days later.

Please call our laboratory on the day that we thaw and transfer the blastocyst in order to be informed about the thawed blastocyst.

Call date: \_\_\_\_\_

Telephone number: 3940 5252

On weekdays: Call at 11 a.m.

On weekends+hollydays: Call at 10 a.m.

**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.*

