

## Patient Information for Frozen Embryo Transfer (FET)

Embryos may be replaced during a cycle where hormone supplements have been given (medicated) or in a natural cycle (without drugs). There is no evidence of an increased risk of adverse consequences in children born following frozen embryo transfer.

### **Medicated FET (FET-HRT)**

Before your treatment cycle starts you will be given a prescription for oestradiol tablets (Progynova), buserelin (Suprecur) and progesterone pessaries (Cyclogest). If you have very irregular cycles, you may also be prescribed Provera/Norethisterone to induce a bleed.

#### **On day 1 of your period:**

Contact the ACU on **0208 934 3155** to book a scan appointment (approximately day 14 of the cycle). If day 1 is over the weekend, please call on the Monday.

#### **On day 2 of your period:**

Start suprecur (either 1 sniff each nostril, 3 times a day **or** 0.5mL injection once daily as advised by the nursing team) and oestradiol tablets 3 times daily.

### **Ultrasound scan**

You will have a scan around day 14 of your cycle to check that the endometrium (womb lining) is thickened and healthy. If this is the case, you will be advised when to stop the buserelin and start your progesterone (Cyclogest) pessaries. You will continue with your oestradiol tablets. A nurse will contact you to let you know when the embryo transfer will be, this will be decided depending on the age of the embryos.

If the endometrium is not ready, your medication dose may be increased and a further scan will be arranged. Should the endometrium fail to develop, or there are any other concerns, the cycle may be abandoned and the embryos will not be thawed.

### **Natural FET**

If your menstrual cycles are regular (26 - 35 days in length), you can have your frozen embryo transfer in a natural cycle.

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## On day 1 of your period:

Contact the ACU on **0208 934 3155** to book a scan appointment (approximately day 14 of the cycle). If day 1 is over the weekend, please call on the Monday.

## Ovulation kits

We advise you to start using home ovulation testing kits from day 10 of you cycle **at 7am and 7pm each day** and to contact the ACU if you detect a positive result.

## Ultrasound scan

You will have a scan around day 14 of your cycle to check for a leading follicle and that the endometrium (womb lining) is thickened and healthy. We may give you an injection of hCG (Ovitrelle) to trigger ovulation if appropriate. A nurse will contact you to let you know when the embryo transfer will be, this will be decided depending on the age of the embryos.

If the endometrium or follicle is not ready, or there are any other concerns, the cycle may be abandoned and the embryos will not be thawed. If this happens then usually we may suggest trying a medicated FET for subsequent cycles.

## Embryo transfer

On the day of transfer, you should arrive with a comfortably full bladder unless you have been specifically told otherwise. Please take your medication as normal on this day.

If the embryo(s) have not survived or developed as well as expected, you will receive a call from an embryologist to inform you of this.

Following transfer you should carry on with oestrogen and progesterone supplementation for the next two weeks and then perform a **home pregnancy test**.

## After the pregnancy test

If you have a **positive result**, please contact us (on the same number) and we will arrange a viability scan 4-5 weeks after transfer. This is to check that the pregnancy is developing normally. Please continue with both the oestradiol tablets and progesterone pessaries until we have seen you for the scan.

If you have a **negative result**, please stop all medications and expect a bleed within a week. You will need to inform us of the result and we will arrange a doctor consultation to discuss future treatment and provide support.

## Other Questions

Please contact the unit on **020 8934 3155** or email [khn-tr.kingstonacu@nhs.net](mailto:khn-tr.kingstonacu@nhs.net) if you have any questions or need further advice.

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