

Centre for Reproductive Medicine

Procedure for Frozen Embryo Replacement – Information for Patients

Consent for Frozen Embryo Replacement

We will need written consent before we can thaw and use your frozen embryos. This consent form must be signed in the CRM by you and your partner (if applicable). A member of the CRM team will witness your signature(s) when you sign. This consent must be signed within 2 months of the FET cycle taking place.

Please note: If you have a partner they **must** be present in the CRM to sign the consent form.

Protocol for the replacement of embryos in a natural cycle

Generally speaking, this protocol will apply to women who are ovulating and whose cycle length is less than 35 days. No drugs are involved in this process either before or after the embryo replacement.

Please follow these instructions:

1. Choose the month in which you would like your embryos replaced.
2. Purchase an ovulation predictor kit from the chemist.
3. When your period starts, ring the CRM on the number in your information, state what treatment it is you are having (i.e. replacement of frozen embryos) and make an appointment for day 10 of your cycle (day 1 is the first day of full bleeding).
4. Please note that if your treatment is not funded you will need to pay for this at your **pre treatment information session**. You can make a payment at CRM by card or cheque. Alternatively, you can make a payment over the telephone by calling Sarah Crossland in the Credit Control Department on 024 76968749. Please ask Sarah to let CRM have details of your payment.
5. Depending on the findings of the scan on day 10 you will be advised:
 - a) If and when to start testing your urine with the ovulation predictor kit
 - b) When your next scan will be
6. Urine testing normally begins when the scan shows at least one follicle with a mean diameter of approximately 14 mm. The test should be carried out on a

clean (mid stream) specimen taken from the first urine passed in the morning when you get up.

7. If the day 10 scan shows no developing follicle then a further scan will be arranged and you need not start testing the urine.
8. Further scans will be carried out, usually from day 12 onwards and usually every other day.
9. When the ovulation predictor kit shows you have surged, you should contact the CRM as soon as possible and speak to one of the nurses. A further scan will be arranged to assess whether you have ovulated.
10. **Please be aware that should your surge occur and the optimal day for your transfer is on a Sunday, your treatment will be abandoned and you will be asked to start again next cycle.**
11. If ovulation is confirmed with this scan following discussion with our embryologist. The procedure of embryo transfer is usually arranged 2-5 days later, depending on when the embryo was frozen.
12. Please be aware that it may be a doctor or a nurse performing your procedure. All staff are equally qualified to carry out this procedure.

There is an implantation “window” of at least 2 days in which it is possible to replace the embryos with an equal chance of success. So don’t be concerned if you think ovulation occurred some hours before it was detected.

Protocol for the replacement of thawed embryos in an artificially controlled (HRT) cycle

In this treatment the purpose is to artificially develop the lining of the womb by giving you hormones called oestrogen (Hormonal Replacement Therapy) to ensure that it develops in a way which will be optimal for implantation of the embryos. In addition, we may also suppress the natural hormones in case there is an unpredicted ovulation surge. This method is used in women who do not ovulate regularly or those for whom regular attendance at the CRM is difficult.

This treatment has two parts. The first is to suppress the natural hormones by giving injections as in the normal IVF treatment. The second part is to stimulate the lining of the womb by giving oestrogen in the form of tablets in a steadily increasing dose.

Please note that if your treatment is not funded you will need to pay for this at your **pre treatment information session**. You can make a payment at CRM by card or cheque. Alternatively, you can make a payment over the telephone by calling Sarah

Crossland in the Credit Control Department on 024 76968749. Please ask Sarah to let CRM have details of your payment.

Please follow these instructions:

Day 1 of cycle is the first day of normal bleeding

Regular cycles

- a) If your cycle length is less than 36 days you should take Prostag 3.75mg injection once only on your **Cycle day 21**.

You will then have a period usually 7-10 days later. When your period starts ring the CRM and explain the treatment that you are having (i.e. replacement of thawed embryos in an HRT cycle) and arrange a scan for **1 week** later.

Irregular cycles

- b) If your cycle length is irregular (greater than 35 days) you should take Prostag 3.75mg injection once only on the **2nd day** of your period.

Ring the CRM and explain the treatment that you are having (i.e. replacement of thawed embryos in an HRT cycle) and arrange a scan at least **2 weeks'** later.

The following instructions should now be followed:

1. Following the first scan, if the scan is satisfactory you will be advised the following:
2. Commence Progynova 2 mg tablets:
 - 2 tablets per day – (one 2mg tablet in the morning and one 2 mg tablet in the evening) for two days
 - Increase to 3 tablets per day (one 2mg tablet in the morning, one 2 mg tablet in the afternoon and one 2 mg tablet in the evening) daily thereafter
3. Your next scan should be arranged at least 8 days later (Monday to Friday).
4. If your womb lining is satisfactory, the Nurse and the Embryologist will organise the date of the embryo thawing and transfer.
5. If your womb lining is not satisfactory, further instructions will be given for your medication and scans.

6. Once the date of the transfer is organised, the nurse will tell you the instructions for commencing your Cyclogest pessaries.
7. Please read through the preparation / instructions for frozen embryo transfer on the next page.

If you require further information please contact us on the following numbers

**Office hours tel. no. 024 76 96 8879; Emergency contact no: 024 76 967000
Nurses line: 024 76 96 8856**

The Trust has access to interpreting and translation services. If you need this information in another language, please contact the Quality Manager on (024) 76968864, and we will do our best to accommodate your needs. The Trust operates a smoke free policy.

Preparation / Instructions for Frozen Embryo Transfer

Prostap Instructions

**Start Cyclogest on:
(take Cyclogest rectally – 400 mg twice a day)**

Continue Progynova tablets until pregnancy test. If pregnant, the nurse will advise you when to stop taking this medication.

Progynova dose:

Please take a bath or shower on the morning of your frozen embryo transfer procedure.

Please bring your own night dress, dressing gown & slippers with you. Alternatively we can supply you with a hospital gown.

An embryologist will phone on to let you know the time to be on site for your frozen embryo transfer. Your frozen embryo transfer is due:

on:

Office hours tel no. 024 76 96 8879; Emergency contact no: 024 76 967007

Document History

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