If embryos have been frozen during an IVF cycle it is possible to have these replaced in a frozen embryo replacement (FER) cycle. It is usually recommended that you wait until the second period after a stimulated IVF cycle to have an FER cycle. If it has been more than a year since your last IVF or FER cycle, you may need to have a review appointment with a doctor before proceeding. Please call the nurses to discuss this.

Procedure

- It is often not necessary to take any fertility drugs in a frozen embryo replacement cycle.

- Your menstrual cycle is tracked with blood tests to determine when you are ovulating.

- When we determine the day you are ovulating, you will be told which day your embryo(s) will be thawed and when the embryo(s) will be replaced. This differs depending on the stage at which the embryos were frozen.

- You may be required to have an ultrasound scan to measure the thickness of the endometrium.

- Prior to embryos being thawed a consent form must be signed. If you have pronuclear (day 1) embryos frozen, it may be suggested that you thaw more than one embryo and culture them over 1-2 days to choose the most viable embryo. You may call the laboratory staff on 630 9842 if you wish to discuss your options.

> **The laboratory must receive the signed consent form before embryo(s) are to be thawed**

Embryo Transfer

Embryo transfer is performed under ultrasound guidance. You will be asked to fill your bladder prior to the transfer, which helps ensure a clear view on the scan and helps to straighten out the uterus allowing for an easy transfer. You may resume your normal activities after the embryo transfer but avoid heavy lifting and over exertion.

Pregnancy Test

A blood test will be done 10-14 days after the embryo transfer. Awaiting your pregnancy result can be a difficult time for both you and your partner. Counsellors are available before, during and after treatment if you have any concerns or issues you may wish to discuss.

To book your FER cycle please contact the Fertility Plus Nurses on 09 630 9810 ext 3