



Frozen Embryo Transfer (FET)

What is Frozen Embryo Transfer (FET)?

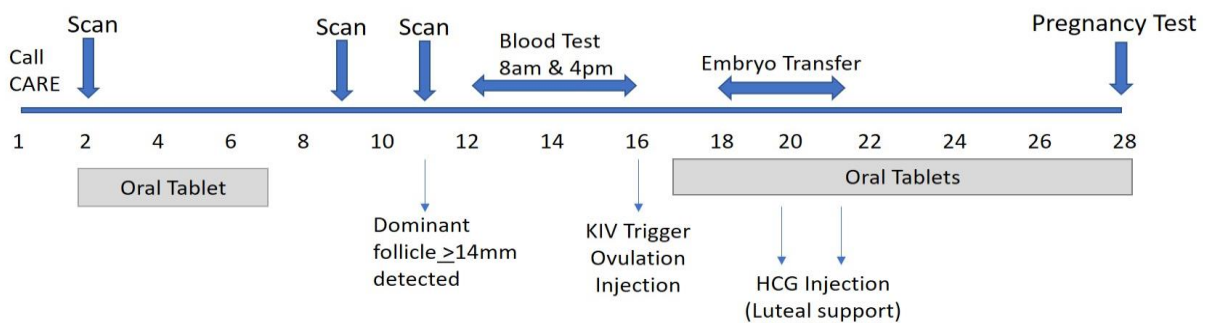
This is a procedure whereby embryos (fertilised eggs) obtained from a previous stimulated In-Vitro Fertilisation (IVF) and/or Intra-Cytoplasmic Sperm Injection (ICSI) cycle and subsequently frozen, are thawed and transferred back into the woman's womb. are supported by muscles of pelvic floor and connective tissue called fascia.

What does this involve?

The embryos may be transferred into the woman's uterus during a natural or regulated / artificial thaw cycle.

If the woman's menstrual cycle is regular, then her cycle will be monitored using transvaginal ultrasound scans and blood tests to predict ovulation (natural cycle) and to estimate the most suitable time for embryo transfer.

Sometimes, oral medication may be given to induce ovulation.



Regulated/Artificial Thaw Cycle

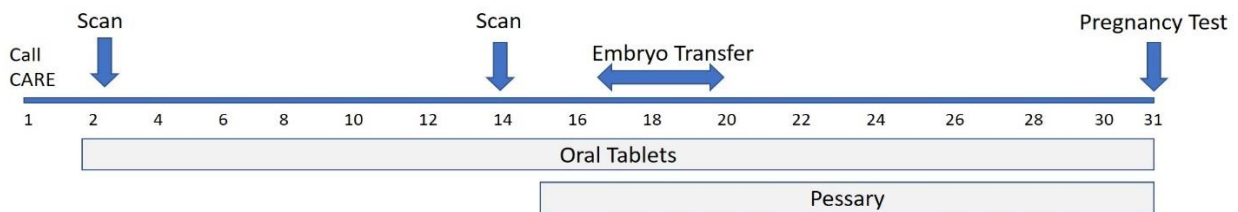
Your menstrual cycle is regulated by administering hormonal treatment (oral medications and sometimes injections) to prepare the womb lining to receive the embryo/s. The uterus will be monitored using transvaginal ultrasound scans. Sometimes, dose adjustments may be necessary.

If you conceive with this cycle, you will be required to continue your oral hormonal medication for 8 to 12 weeks to produce sufficient hormones to support the pregnancy.

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Before the procedure

- Bladder preparation

Empty your bladder before leaving house. Drink 500mls of water on your way to CARE. Bring along your water bottle. Do not pass urine till further instructions given after scanning.

- Duration of Procedure

Approximately: 15 to 30 minutes

Day of procedure

- The thawed embryo(s) will be placed into a catheter which will be passed through the cervical canal leading into the uterine cavity.
- Once the tip of the catheter is inside the cavity, a syringe attached to the end of the catheter is used to deposit the embryos into the cavity.
- Singapore Ministry of Health permits a maximum of 2 embryos to be transferred at any one time. Rarely, under special circumstances, 3 embryos may be transferred.

Risks of surgery

Complications will be explained to you by your surgeon before surgery. You will be required to sign an informed consent prior to surgery.

The potential risks are:

Risks of Estrogen-related medication used during Regulated/Artificial thaw cycle	Infection
Failure to stimulate ovulation	Perforation of the uterine wall
Failure of the embryo/s to survive thawing process	Failure of embryo implantation
Failure or difficulty in transferring of the embryos	Miscarriage
Ectopic pregnancy	Fetal anomaly
Multiple gestational pregnancy	

Care after your procedure

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- After the frozen embryo transfer, there is a two-week waiting period before you will be able to know whether the transfer was successful.
- During this time, you will be advised to abstain from sexual intercourse but can continue your usual daily activities.
- It is important that you continue with the hormonal medications prescribed.

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