

Safety Net threshold. The Repromed website has the most recent treatment costs listed and exact treatment cost can also be obtained from our Fee's Help Desk.

### HOW MANY EMBRYOS SHOULD BE TRANSFERRED?

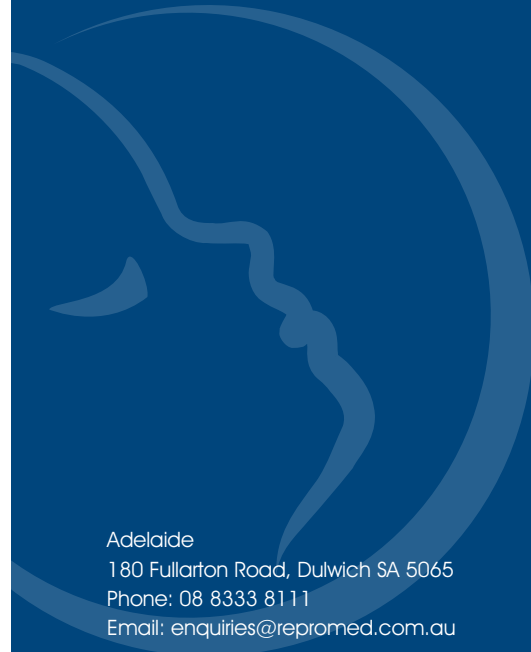
The number of embryos to be thawed and transferred is determined after discussion with your doctor. At Repromed, we strongly advise the transfer of only one embryo at a time, however a maximum of two embryos can be transferred back after consultation with your doctor.

### DO I HAVE TO USE MY FROZEN EMBRYOS BEFORE I CAN DO ANOTHER FULLY STIMULATED CYCLE?

You are advised to use your frozen embryos before starting another fully stimulated cycle.

### CAN I START AN FET CYCLE IF I AM STILL BREASTFEEDING?

If you wish to begin an FET cycle and are still breastfeeding please make an appointment with your Repromed doctor as this decision depends on your particular circumstances.



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## What happens during a Frozen Embryo Transfer Cycle?

If you are considering undertaking in vitro fertilization (IVF) treatment or have recently gone through an IVF treatment cycle, you may be wondering what happens to any excess embryos which are created during the process.

Excess embryos which are created during IVF treatment can be frozen and later thawed and transferred back into the uterus. This is known as Frozen Embryo Transfer (FET) treatment and has helped many patients achieve a successful pregnancy.

Listed below is a step by step guide as to what happens during an FET cycle at Repromed.

## WHY CHOOSE TO FREEZE EMBRYOS?

When patients have more embryos created, during IVF treatment, than they are having transferred, the option of embryo freezing becomes available. There are many different reasons why patients choose to freeze their embryos however most patients freeze embryos to give them the opportunity to get pregnant again in the future via FET treatment. Regardless of what you choose to do, your doctor will help you decide on a freezing plan that is right for you.



## EMBRYO FREEZING

After embryo transfer during an IVF treatment cycle, any remaining embryos are assessed for freezing. Only embryos with the potential to survive freezing and thawing are able to

be chosen to undergo this process. During the procedure, embryos are placed into straws containing cryo-protectants and are then placed into a programmable biological freezer which freezes the embryos and then they are stored in liquid nitrogen (-196°C), for up to ten years, until they are ready to be used.

## PREPARING FOR YOUR FET

There are two different ways to undergo FET treatment; Natural and Programmed.

A Natural FET cycle uses the bodies own hormone levels to predict when you are naturally ovulating. This is tracked by your doctor by taking blood samples over several days and measuring your hormone levels. These results are then used to determine when to thaw and transfer your frozen embryo.

A Programmed FET cycle is often used when women do not ovulate naturally or to time the transfer. During this treatment plan different hormones are given to artificially mimic the hormone levels seen during ovulation. The embryo is then thawed and transferred based on the hormones administered.

## EMBRYO THAWING

Before your FET can take place the embryos are thawed by initially removing the embryo in its protective straw from liquid nitrogen, and allowing it to come up to room temperature. The embryo is then transferred through four separate solutions to help remove any cryo-protectant used during the freezing process, warmed to body temperature (37°C) and mixed with a small amount of culture medium to prepare for transfer.

Although we only freeze embryos with the highest survival potential, the freezing and thawing process is still quite a stressful procedure for embryos to go through and unfortunately approximately 30% of embryos will not survive this process.

## EMBRYO TRANSFER

The embryo transfer procedure is exactly the same during FET as it is during IVF treatment where the embryo is loaded into a very soft thin plastic tube and the placed back into

the uterus. This procedure is very simple, much like a pap smear, and does not require an anesthetic.

## PREGNANCY TEST

After your embryo transfer, you will need to wait for nearly two weeks till your pregnancy test. The pregnancy test is scheduled 16 days from the day of ovulation. We need to wait this long as if you are pregnant; it takes at least two weeks for your hormones to rise to a level that we can measure in your blood.



## FAQ

### WHAT IS THE SUCCESS RATE OF FET?

The success rates of an FET cycle are lower than that of a fresh IVF cycle and can depend on a variety of factors, in particular maternal age. However due to the continual improvement of freezing techniques, success rates are always increasing. For current success rates of FET please ask your doctor to see the latest Repromed data or look at our website.

### WHAT IS THE COST OF A FET CYCLE?

The out of pocket cost of a FET cycle can vary depending on your circumstances and if you have met the Medicare