



ROLE OF FROZEN EMBRYO TRANSFER IN IMPROVING PREGNANCY SUCCESS RATE

A Frozen Embryo Transfer (FET) refers to a type of fertility treatment where a cryopreserved/frozen embryo which has been developed in a previous IVF cycle, is thawed and transferred to the uterus.

Steps involved in Frozen Embryo Transfer

The embryos are meant to be transferred on a specific day of the menstrual cycle. This day signifies that the uterus is most receptive to the embryo and is known as the “implantation window”.

There are various regimens to prepare a woman for a FET cycle.

- **Hormone replacement cycles:** After a pelvic scan, you will be given estrogen supplements to assist the endometrium to grow in thickness. On reaching the desired level, progesterone is given and the FET is set on a particular date.
- **Natural cycles:** In these cycles, no medication is required. Doctors track your natural process of ovulation and the day of the procedure is determined using a combination of ultrasonography, urine and blood tests. The embryo transfer is to be done in the implantation window.

Reasons to choose Frozen Embryo Transfer

- Higher success rates
- Easy to schedule
- Less costly than Fresh cycles
- FET cycles offer a natural uterine environment for the developing pregnancy
- FET cycles are less stressful.

How to Prepare for a Successful Frozen Embryo Transfer?

- **Take your medications on time**
- **Get enough rest (Before and after the procedure)**
- **Before you go to bed, try to:**
 - Prevent consuming tea/coffee.
 - Avoid eating.
 - Keep your bedroom temperature between 16 – 25 degrees Celsius.
 - Stretch your body and loosen your muscles.
- **Consume FET safe meals**
- **In addition, you must also increase the consumption of the following food items:**
 - Whole grains, legumes, soups, lean proteins (such as low-mercury fish and chicken) and healthy fats (These include walnuts, seeds, extra-virgin olive oil and so on).
- **Prevent high-temperature exposure near the abdomen and uterus**
- **Also, use a laptop tray or thick material that can block the heat from your laptop.**
- **Entertain yourself**

Frozen Embryo Transfer is a good option for many people using IVF, and is generally more effective than Fresh Embryo Transfer. However, whether FET is suitable for a patient or not depends on several personalized factors. Your fertility expert is the best advisor on whether this treatment is the most optimal for you or not.