

## Frozen Embryo Transfer (FET)

During the FET cycle, patients do not have to undergo ovarian stimulation. The treatment includes only endo- metrium preparation and embryo transfer. There are many different methods to prepare the endo- metrium during the FET cycle. Depending on each patient's condition, doctor will choose the suitable protocol. Amongst these protocols, external steroids are most commonly used.



One basic FET cycle will include these following steps:

### Step 1: Using estrogen

- Within the first 3 days of your cycle, you will be prescribed oral estrogen to prepare endometrium
- Estrogen will stimulate the endometrium development and inhibit the natural ovulation
- Use estrogen 2-3 weeks before FET
- You will be asked to come back to the clinic for ultrasound after 6-7 days, then every 3-5 days in order to evaluate the growth of endometrium

### Step 2: Using progesterone

- After all criteria for FET are met, doctor will give the prescription with vaginal progesterone and make the appointment for FET at the hospital
- Progesterone will promote the favorable endometrium for embryo implantation
- Progesterone will be used 3-5 days before FET depending on day 3 or 5 frozen embryos

### Step 3: Thawing embryo

- On the day of FET, the embryologists will thaw the embryos
- The number of thawed embryos will be considered to ensure the highest rate of success and lowest rate of multiple pregnancy

### Step 4: Embryo Transfer

- Before embryo transfer, you do not have to be fasting
- Embryo transfer is a simple procedure without anesthesia
- After the procedure, you will stay at hospital for 30 - 60 minutes

### Step 5: After embryo transfer

- You should maintain daily activities as usual. Bed rest can reduce the chance of pregnancy and increase the risk of vein thrombosis

### Step 6: Pregnancy test

- About 12–14 days after FET, you will have the pregnancy test
- Pregnancy test is beta-hCG quantitative test, to confirm you are pregnant or not
- In some cases, the blood spotting or bleeding may occur before pregnancy test. You need to contact the clinic immediately and do the pregnancy test because you may still be pregnant. You should inform your doctor about any other medication that you use during this period

