

Frozen embryo transfer with hormone therapy cycle

Hormone therapy is used to make sure that the endometrium of the uterus is optimal for the transfer of the frozen embryo. Hormone therapy is used if the menstrual cycle is long or irregular, or if there have been several problems with the timing of the frozen embryo transfer during natural menstrual cycle.

Signing up for treatment

Sign up for treatment in the beginning of your menstrual cycle every time by using **the My path -channel**, on the 1st or 2nd day of your cycle. The first day of your menstrual cycle is the **first day of obvious bleeding**. If the bleeding starts during the evening after 6 pm, the next day is considered the first day of the menstrual cycle.

The fertility nurse will give you instructions on how to start the planned treatment and books you an appointment for an ultrasound at the outpatient clinic.

Treatment progression

Start the estrogen replacement treatment (patches / gel / tablets) according to the instructions you have received. The thickness of the endometrium is evaluated during the ultrasound appointment (which takes place between 10th and 12th day of your cycle), and you will also **receive instructions on starting the luteal hormone therapy** as well as the **frozen embryo transfer appointment**.

Luteal hormone therapy

The purpose of the luteal hormone therapy is to make sure that the endometrium is favourable for the implantation of the embryo. Use the medication according to the instructions given to you.

- **Lugesteron® 200 milligrams**, capsules. The medication is **administered vaginally**. The medication might not be suitable for patients with nut allergies.
- **Crinone®** vaginal gel.
- **Lutinus® 100 milligrams**, vaginal suppositories.
- **Terolut® 10 milligrams**, tablets. The medication is **taken by mouth**.
- **Cyclogest 400 milligrams**, vaginal suppositories.

Frozen embryo transfer (FET)

The frozen embryos are usually thawed 1 to 3 days before the transfer procedure because the Fertility Laboratory will evaluate the quality of the embryos and how they have survived the freezing and thawing. This makes it easier to choose which embryo is chosen for the procedure. In almost all cases, only one embryo is **transferred into the uterus**. The amount of transferred embryos (1 to 2) depends on the quality of the embryos, earlier treatment outcomes, and patient specific risk factors.

Make sure your bladder is full when you arrive for the transfer procedure: a full bladder facilitates the insertion of the embryo transfer catheter to the uterine cavity through the cervical canal. During the transfer, an abdominal ultrasound is used to ensure that the embryo is correctly placed in the uterine cavity.

Continue the estrogen and luteal hormone therapy until the pregnancy test! If the pregnancy test is **positive**, **continue the medication** up to the pregnancy ultrasound. If the pregnancy test is **negative** you can stop taking the medication.

You will receive instructions on how to gradually reduce and stop taking the medication during your pregnancy ultrasound appointment. Usually the medication will be gradually discontinued with diminishing doses from 8+ weeks on pregnancy onwards in **1 to 2 weeks**.

Pregnancy blood test and follow-up treatment

Take a pregnancy urine test when the embryonic age is 16 days; you will receive the date during your embryo transfer appointment.

If the urine pregnancy test is positive: Book a time for a blood test to a Tykslab laboratory (<https://tyks.vihta.com>) or to your own municipal health clinic's laboratory. The referral has been made in advance.

- **Contact the fertility nurse after you have been to the laboratory.** A pregnancy ultrasound appointment will be scheduled for you (at around 8 weeks of pregnancy).

If the urine pregnancy test is negative: Contact the fertility nurse.

- If there are frozen embryos left, the same treatment cycle can begin when the next menstrual bleeding starts. Starting the treatment requires contacting the fertility nurse.
- If there are no frozen embryos left, an appointment will be scheduled for you to either formulate a new treatment plan or for a post-treatment check-up.

All communication can be done through the My path -channel after you have been registered as a user. The fertility clinic staff **is not available during weekends**.