

## Frozen embryo transfer with natural cycle or ovulation induction

A natural cycle is used in the frozen embryo transfer if the menstrual cycle is regular and ovulation takes place.

### Signing up for treatment

**Sign up for treatment** in the beginning of your menstrual cycle every time by using **the My Path -channel**. 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. If necessary, you will also receive instructions on how to start the medication that induces ovulation. A follicle ultrasound appointment is made for you, and it usually takes place between the 10th and 12th day of your cycle.

### Treatment progression

You will be informed when you can start doing ovulation tests (LH tests). Do the LH tests in the late mornings according to the package instructions. You can find LH test from pharmacies and supermarkets. Due to their varying quality, we do not recommend using LH tests that have been bought online.

An ultrasound is used to determine the thickness of the endometrium lining the uterus and the growth speed of the developing follicle. If necessary, the date of the follicular rupture injection is given to you.

The release of the follicle, meaning ovulation, determines when the frozen embryo transfer takes place. **When the ovulation test is positive, contact the fertility nurse through the My Path –channel** to receive an appointment for the frozen embryo transfer procedure. It is possible that the best transfer date falls on a weekend, and if that is the case, the transfer will not be performed.

### 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.

### **Luteal hormone therapy**

The luteal hormone therapy is usually started on the 3rd day after positive ovulation test. The purpose of the treatment is to make sure that the endometrium is favourable for the implantation of the embryo. Use the medication according to the instructions provided for you. Continue taking the medication until the pregnancy blood test.

- **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.

### **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 next treatment cycle can be performed using ovulation tests. In this case, an ultrasound exam is not necessary. Starting the treatment requires contacting the fertility nurse, who gives you the date on when to begin LH testing again.
- 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.**