

A photograph of a young couple smiling and embracing each other. The woman has long blonde hair and is wearing a striped shirt. The man has a beard and is wearing a grey t-shirt. The image is partially covered by an orange curved shape in the bottom left corner.

FERTILITY

Patient guidance

8. Treatment with frozen eggs
– substituted cycle

Treatment with frozen/thawed eggs (FET) in hormone -substituted cycle

You are now ready to have your fertilised, thawed eggs (embryos) transferred back to your uterus. Embryos can only be thawed and transferred back to the uterus if you/ both parties give your written consent for each thawing.

Course of your fertility treatment

Treatment with thawed embryos in a hormone-substituted cycle is used if you have irregular menstruation.

On the next page you will find an overview of your fertility treatment with us. You should expect to make 3-4 visits to the clinic.

Step 1: Registration for treatment

When you get your menstrual period, please contact us on telephone +45 3817 0740.

Visit www.aleris-fertility.dk for information about telephone hours.

Please provide us with information about:

- Your name
- Your civil registration (CPR) number
- The date of the first day of your menstrual period

We use the term first cycle day for the day on which your period has really started. You are given an appointment for an ultrasound scan on cycle day 10 to 12.

Step 2: Initiation of oestradiol treatment (cycle day 2-3)

For the thawed, fertilised egg to attach itself to the endometrium, you must be given a specific hormone treatment. On cycle day 2 or 3, you must therefore start treatment with oestradiol, 1 tablet three times daily.

Step 3: First visit with ultrasound (cycle day 10 to 12)

On cycle day 10 to 12, the doctor will scan you to assess the thickness of the endometrium. An extra scan may be necessary. When the endometrium is regarded as ready, progesterone treatment is commenced. You will continue your oestradiol treatment.

Course of your fertility treatment



Step 4: Egg transfer

The egg transfer takes place on progesterone day 6.

Before we start the egg transfer to your uterus, you will be identified by both the doctor and the laboratory staff.

An egg transfer to the uterus is normally a pain-free procedure lasting only a few minutes. We usually only transfer one egg. The decision on one or two eggs depends on the quality of the eggs, your age, the number of previous attempts and the cause of your childlessness.

This is done in the same way as a ordinary gynaecological examination, in which the doctor inserts a thin catheter through the cervical canal and attaches/places the egg surrounded by a bit of fluid in the uterus.

Before you leave the fertility clinic, you will be given an appointment for a pregnancy blood test. In addition, the further course of action will be planned in case you do not get pregnant.

After the egg transfer

You can leave the fertility clinic immediately after the egg transfer.

Hormone treatment

You will continue with the oestradiol and progesterone treatment until we know whether you are pregnant.

If you are pregnant, you will continue with the treatment up to and including pregnancy week 10.

Precautions after egg transfer

We know that an inappropriate lifestyle reduces your chances of getting pregnant. We recommend that you live as healthily as possible after the egg transfer and that you avoid hard physical training and hard work. You can have sexual intercourse and engage in light exercise.

Step 5: Pregnancy test

11-14 days after the egg transfer, you must take a pregnancy test in the form of a blood test showing whether you have the pregnancy hormone hCG in your blood – that is whether you are pregnant. This type of test is more accurate than a urine sample.

It is important that the pregnancy test is done also even if you have begun bleeding.

You can choose to have the blood test done with us or with your own doctor. If your own doctor does the blood test, please inform us of the result.

In a few women, it may be necessary to repeat the blood test so that we can follow the development of the pregnancy. Too low increases may indicate an incipient abortion or give rise to suspicion of a pregnancy outside the uterus.

Positive pregnancy test

If the test is positive, you will be given an appointment for a pregnancy scan.

Step 6: Pregnancy scan

We perform a vaginal ultrasound scan approximately three weeks after a positive pregnancy test. You will then be seven or eight weeks pregnant.

The doctor checks for heart flashes and number of embryos. By measuring the embryo from head to tail, the age of the foetus can be calculated and a future due date for the expected birth can thus be set.

You may choose to have a pregnancy scan done near your home if this is easiest for you.

If everything appears to be in order, you will receive information about the further course, which must be reported to the Danish Health Data Authority.

After you have completed your pregnancy, please fill in a form about the course of your pregnancy and

childbirth. You will be given the form in connection with the pregnancy scan. Please fill it in and send it to us after you have given birth.

The fertility clinic collects information about the individual courses of pregnancy and childbirth to get an overview of the fertility clinic's results, which must be reported to the Danish Health Data Authority.

After you have completed your pregnancy, please fill in a form about the course of your pregnancy and childbirth. You will be given the form in connection with the pregnancy scan. Please fill it in and send it to us after you have given birth.

Negative pregnancy test

If the pregnancy test is negative and you are receiving hormone treatment, you will cease taking both oestradiol tablets and progesterone supplement. You will get a bleeding after some days. You may register for a new treatment by agreement with the doctor.

Possible side effects and complications

Cancellation of egg transfer

In very few cases, the fertilised egg does not survive thawing, and we may therefore have to cancel the egg transfer.

Pregnancy outside the uterus

The fertilised egg is transferred to the uterine cavity, but it may occur that the egg nevertheless moves out into the fallopian tube. If a pregnancy outside the uterus is suspected, and you experience pain and/or bleeding, you must contact us, your own doctor or the medical emergency service.

Twin pregnancies

There is an increased incidence of twin pregnancies in connection with assisted reproduction. Twin births often occur prematurely and are generally associated with more complications and risks. The recommendation is therefore that only one fertilised egg is transferred to the uterus unless there is a medical reason for transferring two fertilised eggs.

Medicine: Effect and possible side effects

Oestradiol

Oestradiol builds up and matures the endometrium in your uterus. It may cause side effects in the form of accumulation of fluid in your body, bloating and breast tension.

Progesterone

Progesterone maintains the endometrium and optimises the conditions for the fertilised egg to attach itself. It may cause fatigue, and you may feel breast tension, nausea and headache.

General side effects of medicine

All medicine may cause allergic reactions. However, this is extremely rare for the preparations used. Other symptoms may include redness, swelling, itching, fever and, in extremely rare cases, respiratory difficulties.

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Telephone hours

Visit www.aleris-fertility.dk

Opening hours

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