



(Patient ID Label)

Name:  
DOB:  
NHS Number:  
Hospital Number:



### Frozen Embryo Transfer – Short Protocol MFS

1. Please call Yorkshire Fertility on 01422 261 344 on day 1 of your treatment cycle. We will book an appointment for a scan on day 2 or 3. Please collect your medication from the pharmacy at Calderdale Royal Hospital and bring this with you to the scan appointment. Please abstain from intercourse from day 1 of treatment cycle (or use condoms).
2. You will start oestrogen patches (Evorel 100mcg) if the scan is satisfactory as follows:  
  
Apply 1 patch at the top of each outer thigh (2 patches in total, 200mcg), changing every 4<sup>th</sup> day
3. On day 12 of applying the patches, you will attend for another scan to measure the endometrial thickness. Additional medication may be prescribed if the endometrium is not thickening satisfactorily.
4. Once the Yorkshire Fertility staff have established that you are ready for your transfer, they will contact MFS, who will then contact you to arrange a date and time for your transfer. If you have not heard from MFS, please call them on 0161 300 2732.
5. You will also be advised when to start taking any other medication, usually 5 nights prior to your embryo transfer. This may include Cyclogest pessaries, Lubion injections or Tinzaparin injections. Your transfer is usually between day 17-21 of oestrogen.
6. After the transfer, continue the oestrogen patches, and any other medication as directed, until the date of your pregnancy blood test.
7. Please call Yorkshire Fertility following your transfer so we can organise a date for the pregnancy blood test. We will need to know the date of transfer and age of embryos in order to give you the correct date for the test.
8. The staff at MFS will discuss the quality of embryos and the number of embryos to be replaced. It is preferable that you are accompanied by your partner and you should **attend with a full bladder**. The transfer itself usually takes 5 to 10 minutes and you will be ready to go home straight after. It is not necessary for you to lie down after the transfer has been completed. Whilst we recommend that you take it easy after your embryo transfer, and avoid strenuous activity or heavy lifting, there is no evidence that lying in bed increases the chances of a pregnancy and we would therefore advise you to go about your normal activities.