



(Patient ID Label)

Name:  
DOB:  
NHS Number:  
Hospital Number:



### Frozen Embryo Transfer – Long Protocol CARE Leeds

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 21. 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. A Prostag injection will be given following the scan if you have clearly ovulated. Or a repeat scan appointment provided if ovulation is uncertain.
3. A further scan will be arranged for two weeks after the Prostag injection, and you will have a period around the usual time within these two weeks.
4. You will start oestrogen (Elleste Solo) tablets if the scan is satisfactory as follows:  
**Day 1-7:** 1 x 2mg tablet three times daily (**6mg total daily**)  
**Day 8 onwards:** 2 x 2mg tablet twice daily (**8mg total daily**)
5. On day 12 of taking the tablets, you will attend for another scan to measure the endometrial thickness. The tablet regime may be adjusted if the endometrium is not thickening satisfactorily.
6. Once the Yorkshire Fertility staff have established that you are ready for your transfer, they will contact CARE Leeds, who will advise of a date and time for your transfer via their patient portal. Please call Leeds on 0113 521 6800 if this information is not available.
7. 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.
8. After the transfer, continue the oestrogen tablets and, any other medication as directed, until the date of your pregnancy blood test.
9. 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.
10. The staff at CARE Leeds 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.

