

# FET

# FROZEN EMBRYO TRANSFER

## STEP BY STEP



## What is it?

A frozen embryo transfer (FET) is a procedure in which a previously frozen embryo is thawed and transferred into the uterus.

## Who is it for?

FET may be recommended for:

- Patients with frozen embryos from a prior IVF cycle
- Patients pursuing genetically tested embryo transfer
- Patients needing uterine preparation before pregnancy
- Patients using donor eggs or donor embryos
- Gestational carrier cycles
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## Typical Timeline

- Uterine lining preparation with medications or natural cycle monitoring
- Ultrasound and bloodwork monitoring
- Embryo thaw and transfer
- Pregnancy test approximately 9–14 days later

Most FET cycles last about 3–6 weeks.

## Monitoring Expectations

Monitoring usually includes:

- Ultrasounds to evaluate the uterine lining
- Hormone bloodwork
- Medication adjustments
- Embryo transfer scheduling

Monitoring is generally less intensive than a full IVF stimulation cycle.

## Recovery

The embryo transfer procedure is usually quick and minimally invasive. Most patients return to normal activities the same day. Mild cramping or spotting may occur.

## Cost Structure Basics

Costs may include:

- Medications for uterine preparation

- Ultrasound and laboratory monitoring
- Embryo thawing and preparation
- Embryo transfer procedure
- Embryo storage fees

**Costs vary based on medication protocol, monitoring requirements, laboratory services, and insurance coverage.**

**Please note:** Treatment plans, timelines, monitoring, medications, and costs vary by patient. Your provider will recommend the approach most appropriate for your individual situation.

Contact Wellnest Fertility: 801.406.3819

🌐 Fertility Clinic in Ogden, Utah | Wellnest Fertility