

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

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