E-Freeze

A TRIAL COMPARING FRESH EMBRYO TRANSFER with FREEZING ALL EMBRYOS & TRANSFERRING AT A LATER DATE

E-freeze recruited 619 couples to compare the chances of having a healthy baby when having a fresh embryo transfer or freezing all embryos and transferring at a later date. E-Freeze found that there was **no evidence to suggest that freezing all embryos and then transferring embryos at a later date leads to a higher chance of having a healthy baby** or better maternal or infant outcomes when compared with fresh embryo transfer.

Fresh Embryo Transfer

310 couples

24.4% had a healthy baby

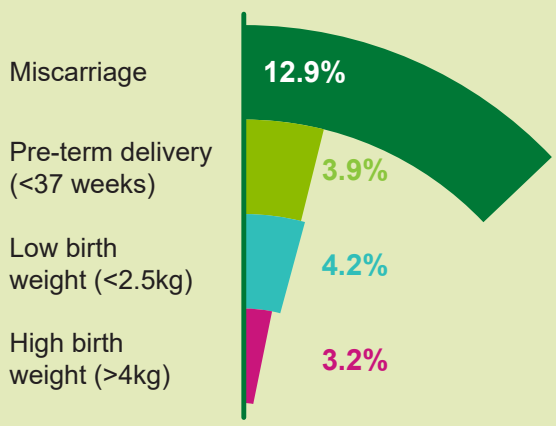
Frozen Embryo with later Transfer

309 couples

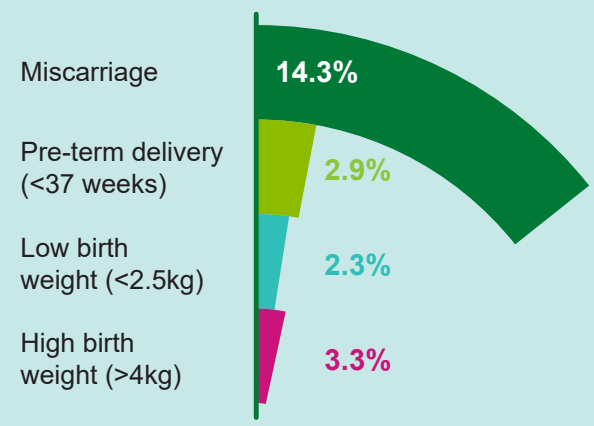
20.3% had a healthy baby

(Risk Ratio 0.84, 95% Confidence Interval: 0.62 to 1.15)

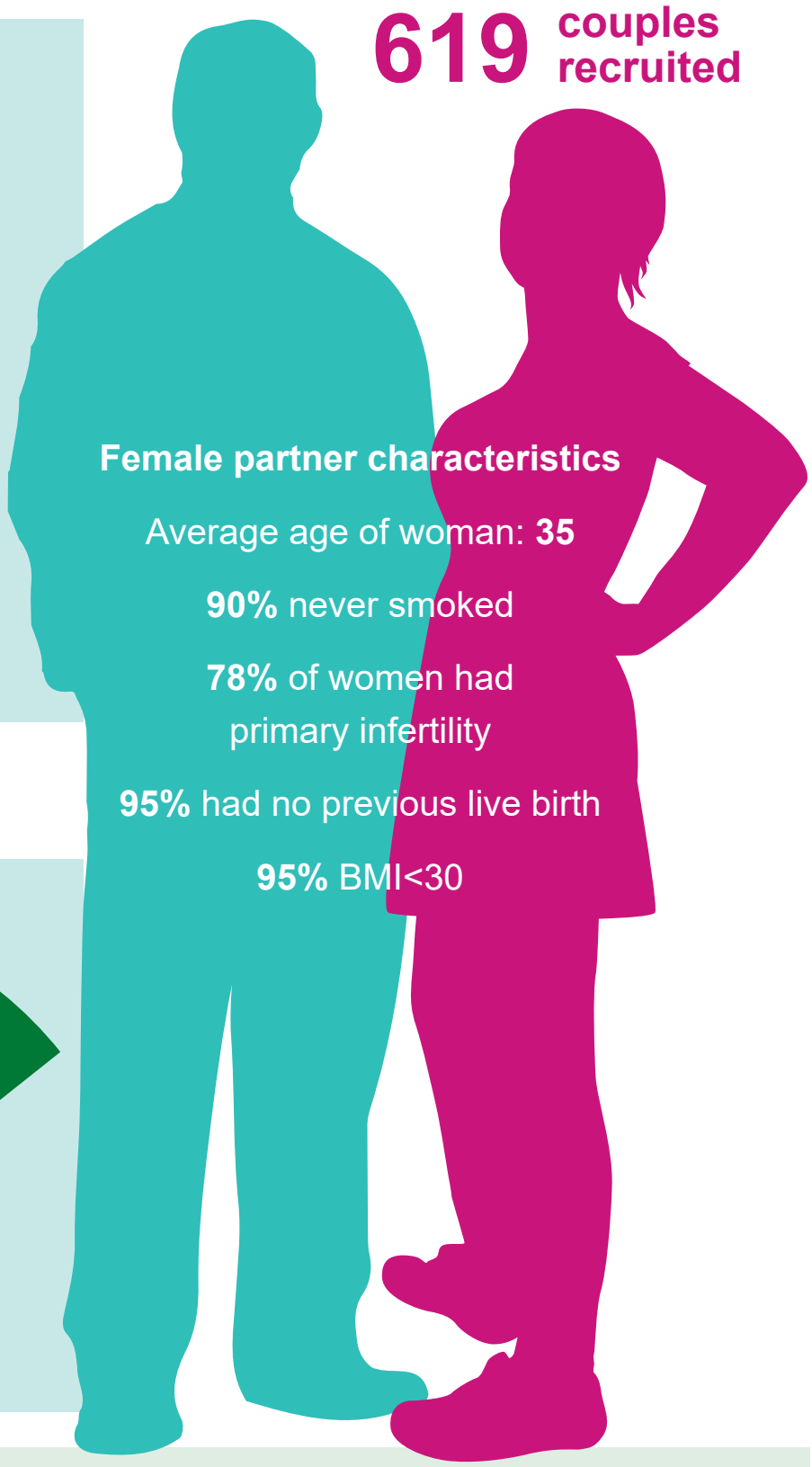
No evidence to suggest that freezing all embryos followed by transferring at a later date leads to a higher chance of having a healthy baby than fresh embryo transfer.



Fresh Embryo Transfer



Frozen Embryo with later Transfer



E-Freeze recruited 619 couples from Feb 2016 to April 2019. E-Freeze had aimed to recruit 1,086 couples but stopped early due to lower than expected recruitment rates and a greater than expected number of couples switching from their allocated group of frozen embryo transfer to fresh embryo transfer.

Maheshwari A, Bell JL, Bhide P, Brison D, Child T, Chong HY, et al. Elective freezing of embryos versus fresh embryo transfer in IVF: a multicentre randomised controlled trial in the UK (E-Freeze). Human Reproduction, V37;3, 03 2022: 476–487. https://doi.org/10.1093/humrep/deab279

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