



E-Freeze Trial Results

We are delighted to tell you that the results of the E-Freeze study have now been published. Firstly and most importantly we would like to thank you for helping to make this possible. Without your support, we would not have been able to research this important area. We know it takes some time to complete the trial, do data analysis and to publish the results, so thank you for your patience.

Why we did the study


We wanted to compare which type of embryo transfer, either fresh embryo transfer or freezing all embryos and transferring at a later date resulted in a higher chance of having a healthy baby. We wanted to understand if the type of embryo transfer used made any difference to the health of the mother and baby and also to understand any difference in costs to the health service.

What we did

Between February 2016 and April 2019, 619 couples from fertility centres across the UK agreed to take part. We had originally hoped to have more than a thousand couples in the study, however we did not manage to achieve this because fewer couples agreed to take part than we had originally hoped and also because some couples already in the trial preferred to have a fresh embryo transfer. However, even with this smaller group of 619 couples, we still learnt important findings from the research.

What we found

The results found that there was no evidence to suggest that freezing all embryos and transferring at a later date leads to a higher chance of having a healthy baby than fresh embryo transfer. There was also no evidence of a difference in pregnancy, miscarriage or birth rates.



However freezing all embryos and then transferring at a later stage is significantly more expensive, as there are more procedures involved. The E-Freeze study therefore recommends that clinics should only freeze all embryos where there is a clear health reason, such as a high risk of ovarian hyperstimulation, as it involves additional time to get pregnant, extra clinic activity and additional visits for couples.

The detailed results have been published in the Human Reproduction medical journal. If you would like a full copy of the results please contact the E-Freeze Coordinating Centre. Thank you again for all your support and taking the time to help further research in this area.

Next Steps

When you initially agreed to take part in the E-Freeze study, we asked if you would be happy to be contacted in the future for longer term research. If you agreed, we will be in touch shortly to understand if you would still be happy to take part in follow-up research to the E-Freeze study.

Thank you for all your help and support.

The E-Freeze Team



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