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.

**Female partner characteristics**
- Average age of woman: **35**
- **90%** never smoked
- **78%** of women had primary infertility
- **95%** had no previous live birth
- **95%** BMI < 30

**Miscarriage**
- Fresh Embryo Transfer: **12.9%**
- Frozen Embryo Transfer: **14.3%**

**Pre-term delivery (<37 weeks)**
- Fresh Embryo Transfer: **3.9%**
- Frozen Embryo Transfer: **2.9%**

**Low birth weight (<2.5kg)**
- Fresh Embryo Transfer: **4.2%**
- Frozen Embryo Transfer: **2.3%**

**High birth weight (>4kg)**
- Fresh Embryo Transfer: **3.2%**
- Frozen Embryo Transfer: **3.3%**

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.