



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



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

Frozen Embryo with later Transfer

309 couples

20.3%
had a
healthy baby



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.

Miscarriage

12.9%

Pre-term delivery
(<37 weeks)

3.9%

Low birth
weight (<2.5 kg)

4.2%

High birth
weight (>4 kg)

3.2%

Fresh Embryo
Transfer

Miscarriage

14.3%

Pre-term delivery
(<37 weeks)

2.9%

Low birth
weight (<2.5 kg)

2.3%

High birth
weight (>4 kg)

3.3%

Frozen Embryo
with later Transfer

619 couples
recruited

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

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>



E-FREEZE is funded by the National Institute for Health Research (NIHR). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.