

Patient Guide: Contacting the Embryology Team During Your Treatment

This guide explains when and how to contact the embryology team during your fertility treatment. It tells you what updates to expect at each stage, including fertilisation results, embryo development updates, embryo transfer timing, and whether embryos are suitable for freezing.

Please refer to the relevant section below:

- **Section 1: Patients proceeding to fresh embryo transfer**
- **Section 2: Patients having all suitable embryos frozen (FREEZE ALL)**

Section 1: Patients proceeding to fresh transfer

Day 1 – Fertilisation Results

The day after your egg collection (Day 1), the embryologists check to see which eggs have fertilised. Please check the message sent to your patient portal on the day of egg collection. This message will tell you what time to phone the embryology lab for your fertilisation results on Day 1.

Day 3 – Embryo Development Update & Planning your Embryo Transfer

Most patients have their embryo transfer on either Day 3 (cleavage stage) or Day 5 (blastocyst stage).

Monday to Friday, please phone the embryology lab at 11am on Day 3 for an update on how your embryos are developing. At this call, the embryologist will let you know whether your embryo transfer will be on Day 3 or Day 5.

If Day 3 falls on a Saturday or Sunday, please phone the embryology lab at 08:30am on Day 3 for an update on how your embryos are developing.

Before Embryo Transfer, the embryologist will explain:

- the quality of your embryos
- which embryo(s) are recommended for transfer
- how many embryos can be transferred (according to your consent)
- the quality and fate of any spare embryos left after the transfer.

If you have a Day 3 Embryo Transfer and you have spare embryos, please phone the lab again at 11:30 on Day 5 to find out if any were suitable for freezing.

Day 5 – Embryo Transfer

Before the transfer, the embryologist will explain:

- the quality of your embryos
- which embryo(s) are recommended for transfer
- how many embryos can be transferred (according to your consent)
- the quality and fate of any spare embryos left after the transfer

What Happens to Spare Embryos on Day 5?

After your embryo transfer, any remaining embryos may:

- be good enough to freeze
- need one more day in the lab to see if they develop well enough to freeze. In this case you will be advised to call the lab at 1130 the following day (Day 6)
- be poor quality and not suitable for freezing, in which case they will be allowed to perish

If you have spare embryos after your fresh embryo transfer, the embryologist will tell you when to phone back to find out whether they were frozen.

About Consent for Embryo Disposal

Importantly, when you signed your treatment consent forms before starting your cycle, you agreed that you may not have embryos suitable for freezing and that embryos not suitable for freezing will be allowed to perish. This means we do not need additional consent at that point.

How to Contact the Embryology Team

Please call the embryology laboratory on 028 9615 1291 at the time you have been advised to phone. If you do not get through, please call back.

Please note that embryologists do not monitor portal messages, so phoning is the best way to reach us.

Section 2: Patients having all suitable embryos frozen (FREEZE ALL)

Day 1 – Fertilisation Results

The day after your egg collection (Day 1), the embryologists check to see which eggs have fertilised. Please check the message sent to your patient portal on the day of egg collection. This message will tell you what time to phone the embryology lab for your fertilisation results on Day 1.

Day 3 – Embryo Development Update

Monday to Friday, please phone the embryology lab at 11am on Day 3 for an update on how your embryos are developing. At this call, the embryologist will let you know whether your embryo transfer will be on Day 3 or Day 5.

If Day 3 falls on a Saturday or Sunday, please phone the embryology lab at 08:30am on Day 3 for an update on how your embryos are developing

Day 5 – Update on Embryo Development and Freezing

Please call the embryology laboratory on 028 9615 1291 at 1130 on Day 5.

The embryologist will advise you on:

- which embryos were good enough to freeze
- whether any embryos need one more day in the lab to see if they develop well enough to freeze. If so, the embryologist will advise you to phone the embryology lab on Day 6.
- whether any embryos are of poor quality and not suitable for freezing, in which case they will be allowed to perish

Day 6 – Update on Embryo Development and Freezing

Please call the embryology laboratory on 028 9615 1291 at 1130 on Day 6.

The embryologist will advise you on:

- which embryos were good enough to freeze
- whether any embryos are of poor quality and not suitable for freezing, in which case they have been allowed to perish

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