

Center for Advanced Reproductive Services

Embryo Cryopreservation (Freezing)

Innovative Technology to Improve Your Chances of Having a Baby

What Is Embryo Cryopreservation?

- Embryo cryopreservation, or freezing, is a routine procedure offered as part of your in-vitro fertilization (IVF) cycle. Excess top quality embryos are preserved in extremely low temperatures— they are essentially “frozen in time” until you are ready for them.
- Embryo cryopreservation is accepted as standard of care and is considered an essential part of most IVF laboratories.
- The lab at the Center cryopreserves embryos using vitrification, a state of the art freezing technique that shows exceptional survival and pregnancy rates.

How is Embryo Cryopreservation Performed?

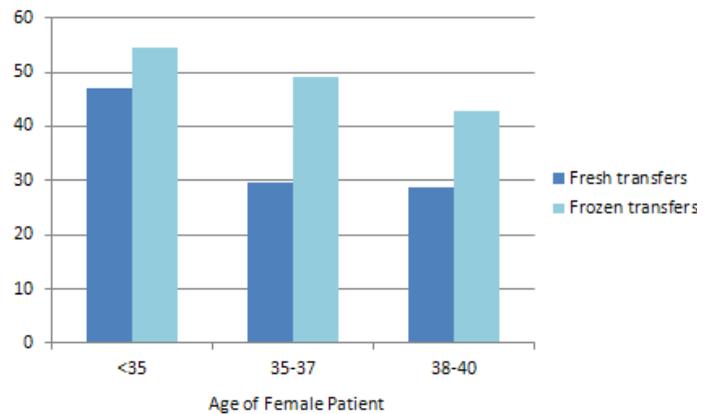
- Embryos can be cryopreserved at any stage in development but most commonly at the blastocyst stage (Day 5 or Day 6).
- During the process of vitrification, the embryos are exposed to cryoprotectant solutions which remove the water in the embryo. This prevents ice crystals from forming within the cells. The embryos are loaded onto a uniquely labeled straw and rapidly exposed to liquid nitrogen. The straws containing the embryos are then inventoried and stored in large tanks of liquid nitrogen.

How Will Freezing My Embryos Help Me Have a Baby?

- Embryo cryopreservation optimizes success rates, decreases multiple births, and reduces the costs of future cycles
- When you freeze your extra (non-transferred) good quality embryos, you increase your likelihood of having a baby by creating a security deposit of additional embryos. In the event you do not conceive with the embryo(s) that are transferred as part of your retrieval cycle, the frozen embryos can be used and additional retrievals can be avoided.

- Frozen transfers are considerably safer for the female patient. There are no risks from retrieval, anesthesia or the side effects associated with stimulation medications required for a fresh cycle.
- The chances of having a baby are often higher after transferring cryopreserved embryos compared to embryos from a retrieval cycle.
- The birth rate with both fresh and cryopreserved embryos from one retrieval cycle is over 60% in patients under 35.
- Embryo cryopreservation enables you to store excess top quality embryos for future use. These embryos may have better potential than fresh embryos created later when you are older because they remain the age that you were at the time of the cryopreservation. This provides you with the freedom of continuing your family building when you are ready.

Percentage of Babies Born from Fresh and Frozen Transfers in 2011



The live birth rate, outlined by patient age, following a frozen embryo transfer (FET) is higher than that of a fresh embryo transfer.

The Center for Advanced Reproductive Services

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