

00035 **Does Thawing Embryos One Day in Advance Improve the Pregnancy Outcome?**

To Chiou Fen Carine, Lee Shaw Ni Amy, Lim Mui Nee, Ong Mei Jing Eunice, Tan Puey Leng, Wong Rui Shan Ruth, Yu Su Ling

Singapore General Hospital

Aims: In our Centre, Frozen Embryo Transfer (FET) is carried out either in the patient's natural cycle if the menstrual cycle is regular or regulated cycle if the patient's menstrual cycle is irregular or having secondary amenorrhea. The aim of this study is to find out if thawing embryos one day ahead of their actual timing for natural or regulated cycles improves the pregnancy outcome in our patients.

Methodology: 480 patients aged 26 to 44 were included in this respective study from January 2015 to December 2017. 437 patients were in Group 1 where their embryos were thawed out according to the actual time of their natural surge or regulated cycle; while the other 43 patients (Group 2) had their embryos thawed out one day earlier than their actual time as their thawing procedure would hit weekends or their clinician in-charge was not available to perform the embryo transfer for them.

Result: 177 patients were pregnant in Group 1 with a pregnancy rate of 40.5% (177/437) and 20 patients were pregnant in Group 2 with a pregnancy rate of 46.5% (20/43); $P = 0.55$. The implantation rate was 62.8% (213/339) for Group 1 and 59.5% (22/37) for Group 2; $P = 0.82$. The results were statistically analyzed using Chi-Square test.

Conclusion: From the results, transferring "older" embryos into a "younger" uterus was feasible as both the pregnancy and implantation rates were not compromised as observed in Group 2. In fact, the pregnancy rate was slightly higher in patients whose embryos were thawed out one day ahead of their actual timing. Hence, thawing embryos one day in advance can be done if the thawing procedure falls on weekends or if the clinician in-charge is unavailable for the embryo transfer.