FROZEN EMBRYO TRANSFER PROTOCOL PERFORMANCE IN UNTESTED FROZEN EMBRYO TRANSFERS

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Background

- FET outcomes may vary according endometrial preparation.
- Previous studies have demonstrated improved outcomes with modified natural FET protocols without letrozole. However, comparative data in single untested embryo transfers remain limited.

Objective

Compare fetal heartbeat rates among 3 FET protocols in single untested FET cycles.

Methods

- Retrospective Cohort Study
- Single Private Fertility Practice Cincinnati, Ohio
- Jan 2024 – Dec 2025
- 712 Single Untested FET cycles
- **Primary outcome:** Fetal Heartbeat rate per Embryo transfer

Protocol 1 : Hormone Replacement
- E2 2mg PO TID
- Vaginal P4 200 mg TID

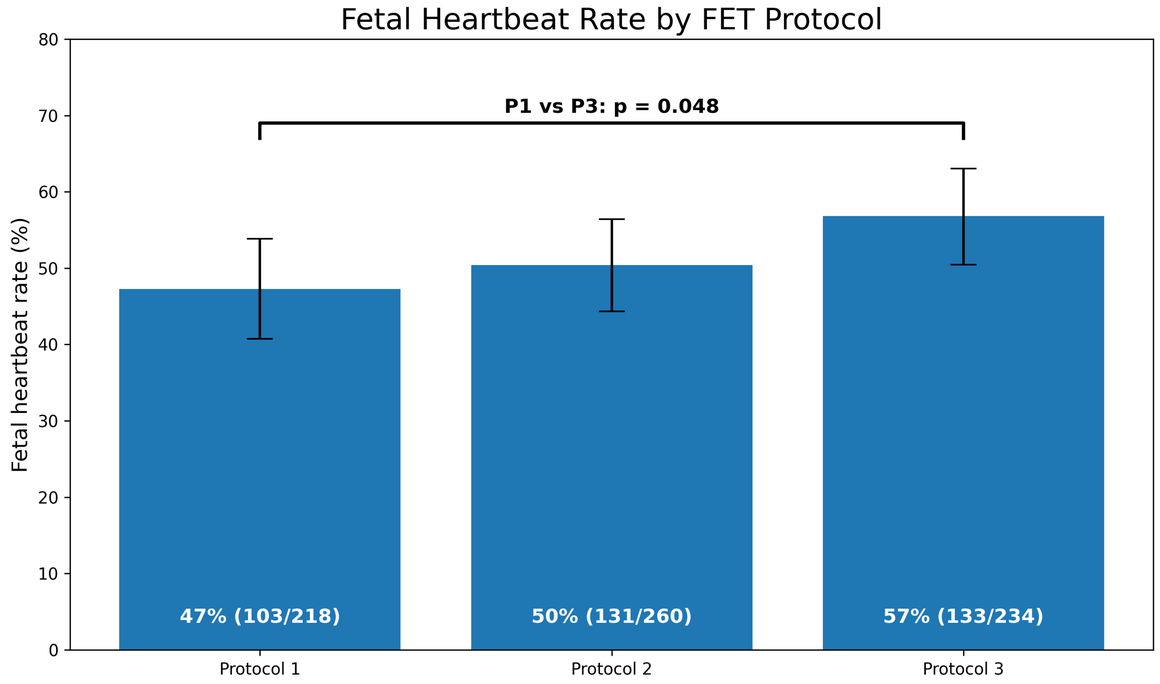
Protocol 2 : Hormone replacement + IM P4
- E2 2mg PO TID
- Vaginal P4 200 MG TID
- IM P4 50 mg q3d

Protocol 3 Modified Natural
- hCG trigger (250 µg)
- Vaginal P4 200 mg QD

Conclusions

- Protocol 3 Modified natural FET had the highest fetal heartbeat rate.
- Overall protocol differences were not significant.
- Protocol 3 demonstrated a significantly higher fetal heartbeat rate than Protocol 1.

Results



712 untested FET cycles analyzed

Highest fetal heartbeat rate: **Protocol 3 (57%)**

Overall comparison**:** $p = 0.11$

Protocol 3 vs Protocol 1**:** $p = 0.048$