There is a chance that you may have some blastocysts (advanced five to six day embryos) available for freezing (using a process called ‘vitrification’) after you have had your best embryo(s) transferred. Freezing and warming can cause damage to the cells of a blastocyst, particularly those which are not good quality; for this reason we only select very good quality blastocysts for freezing.

Having blastocysts frozen means that you can undergo future cycles of IVF without having to stimulate your ovaries, collect and fertilise your eggs. Instead we can warm the frozen blastocyst(s) and transfer them to your womb in a much more simplified frozen blastocyst warming cycle.

**How it works**

When we warm blastocysts we assess them for cellular damage immediately post warm. Our data from warming procedures performed at Cambridge IVF on vitrified blastocysts tells us that over 90% of all warmed blastocysts survive the procedure and are suitable for transfer.

Once the blastocysts are warmed, we place them in culture medium for approximately 2-3 hours to re-expand. Our data from Cambridge IVF demonstrates that over 90% of blastocysts survive the freezing and warming procedure and are suitable for transfer.

Your chance of becoming pregnant following replacement of frozen-warmed blastocysts is comparable to that that following replacement of fresh embryos. There is no evidence that any babies resulting from warmed blastocysts have an increased risk of abnormality.

It is also possible for you to transfer your embryos or blastocysts frozen in another clinic for a frozen transfer at Cambridge IVF.

If you would like more information, please contact us.