

If you have any good quality blastocysts left after your [embryo transfer](#), we can freeze these on day five. We use a process called vitrification to freeze your embryos very rapidly. We then store them in our Cryostore. They are then there for you to use at any time in the future within the time period you have consented to.

At the time of your [embryo transfer](#) we'll look at all the remaining embryos and decide if any of them are strong enough to be frozen. We'll let you know at the time of transfer how many are suitable.

Of course its your choice - you don't have to have them frozen if you don't want to. We'll carry out your wishes either way. But you should spend some time before your ET deciding what you would like to do if you do have embryos available to be vitrified.