

HAVING HEALTHY BABIES ONE AT A TIME

How many embryos should I transfer to have one baby?

During *in vitro* fertilization (IVF), you can transfer one embryo (single embryo transfer, or SET) or two embryos (double embryo transfer, or DET). If you are a good candidate for single embryo transfer, your chance of having a baby after two single embryo transfers is as good as your chance of having a baby after one double embryo transfer. That's important to know because twin pregnancies are risky for baby and mother.

The chart below compares the percentage of women who had single babies or twins after single and double embryo transfers among good candidates for single embryo transfer. These women were good candidates for single embryo transfer because they were using IVF for the first time and were (1) younger than 38, transferring fresh embryos created from their own eggs, and freezing at least one embryo or (2) any age and transferring fresh embryos created from donor eggs.

- **1 SET (fresh):** transfer of one fresh embryo for the first IVF cycle.
- **1 SET (fresh) + 1 SET (frozen):** transfer of one fresh embryo for the first IVF cycle, followed by transfer of one frozen embryo, if the first fresh embryo transfer does not lead to having a baby.
- **1 DET (fresh):** transfer of two fresh embryos for the first IVF cycle.

Embryo Stage (Day of Transfer)	EMBRYO TRANSFER OPTION		
	1 SET (fresh)	1 SET (fresh) + 1 SET (frozen)	1 DET (fresh)
Cleavage (2-3 days)	At least one baby: 38% Twins: Less than 1%	At least one baby: 55% Twins: Less than 1%	At least one baby: 49% Twins: 16%
Blastocyst (5-6 days)	At least one baby: 51% Twins: Less than 1%	At least one baby: 66% Twins: 1%	At least one baby: 60% Twins: 27%

Source: Centers for Disease Control and Prevention, National Assisted Reproductive Technology Surveillance System (NASS), 2010-2012.

For women who are good candidates for single embryo transfer, transferring one fresh embryo followed by one frozen embryo, if a second transfer is needed, offers the best chance of having a baby without increasing the chance for twins.

