

عنوان مقاله:

Effect of sequential cleavage and blastocyst embryo transfer compared to single cleavage stage embryo transfer on assisted reproductive technology outcome: An RCT

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خلاصه مقاله:

Background: Assisted reproductive technology (ART), offers hope for many infertile couples by increasing the chance of successful pregnancy. The success of in vitro fertilization depends on various factors, in which embryo transfer (ET) is one of the critical steps influencing in vitro fertilization success rates. Extended embryo culture and blastocyst-stage ET have been considered in ART due to their potential benefits including improved implantation rates. **Objective:** This study aimed to compare the outcomes of sequential ET vs single cleavage-stage ET in women undergoing a fresh ET cycle with a limited number of embryos. **Materials and Methods:** This randomized clinical trial was conducted on 140 women undergoing infertility treatments and candidates for fresh ET at the Research and Clinical Center for Infertility, Yazd, Iran from August 2023 to January 2024. Women with a number of embryos from 2-5 (≥ 2 and ≤ 5 available embryos) were randomly divided into 2 groups: One group underwent sequential ET (one cleavage-stage ET followed by one blastocyst ET) and the other group underwent single-step 2 cleavage-stage ET. The primary outcome was clinical pregnancy, and the secondary outcome included chemical pregnancy and early abortion rates. **Results:** Our findings showed significantly higher rates of clinical (33.5% vs 13.6%, $p = 0.003$) and chemical (41.3% vs 18.2%, $p = 0.004$) pregnancies in the sequential ET group compared to the single-step cleavage ET group. The early abortion rate was higher in single-step cleavage ET (13% vs 44.4%, $p = 0.053$). **Conclusion:** Sequential fresh ET is a useful choice in women who have a limited number of embryos and can improve ART outcomes

کلمات کلیدی:

Blastocyst transfer, In vitro fertilization, Embryo transfer, انتقال بلاستوسیت, لقاح مصنوعی, انتقال جنین.

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