

CLINICAL CHARACTERISTICS OF PATIENTS UNDERGOING SUCCESSFUL EMBRYO TRANSFER AT MDH

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Objective: To assess the characteristics of patients who have undergone IVF and successfully got pregnant

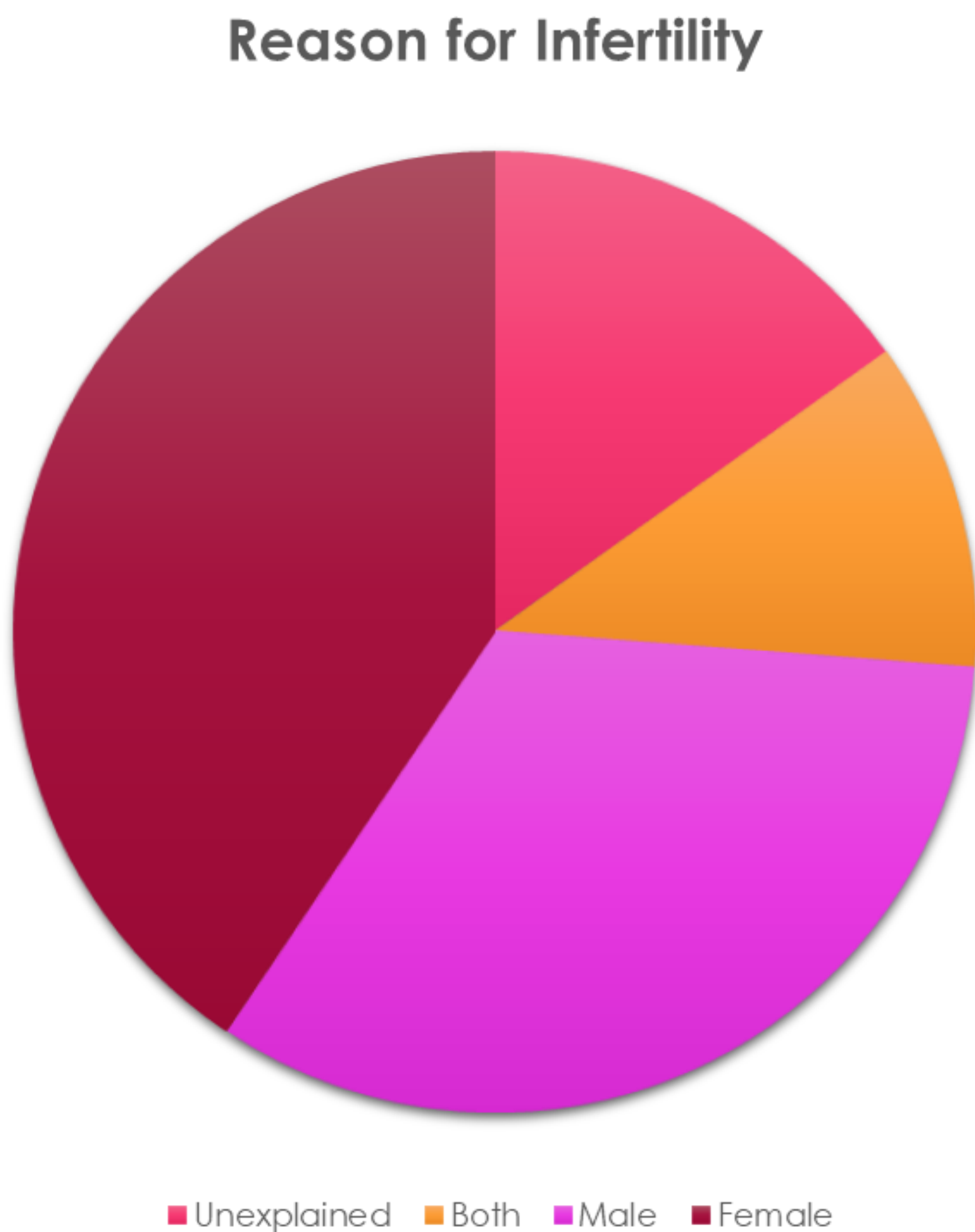
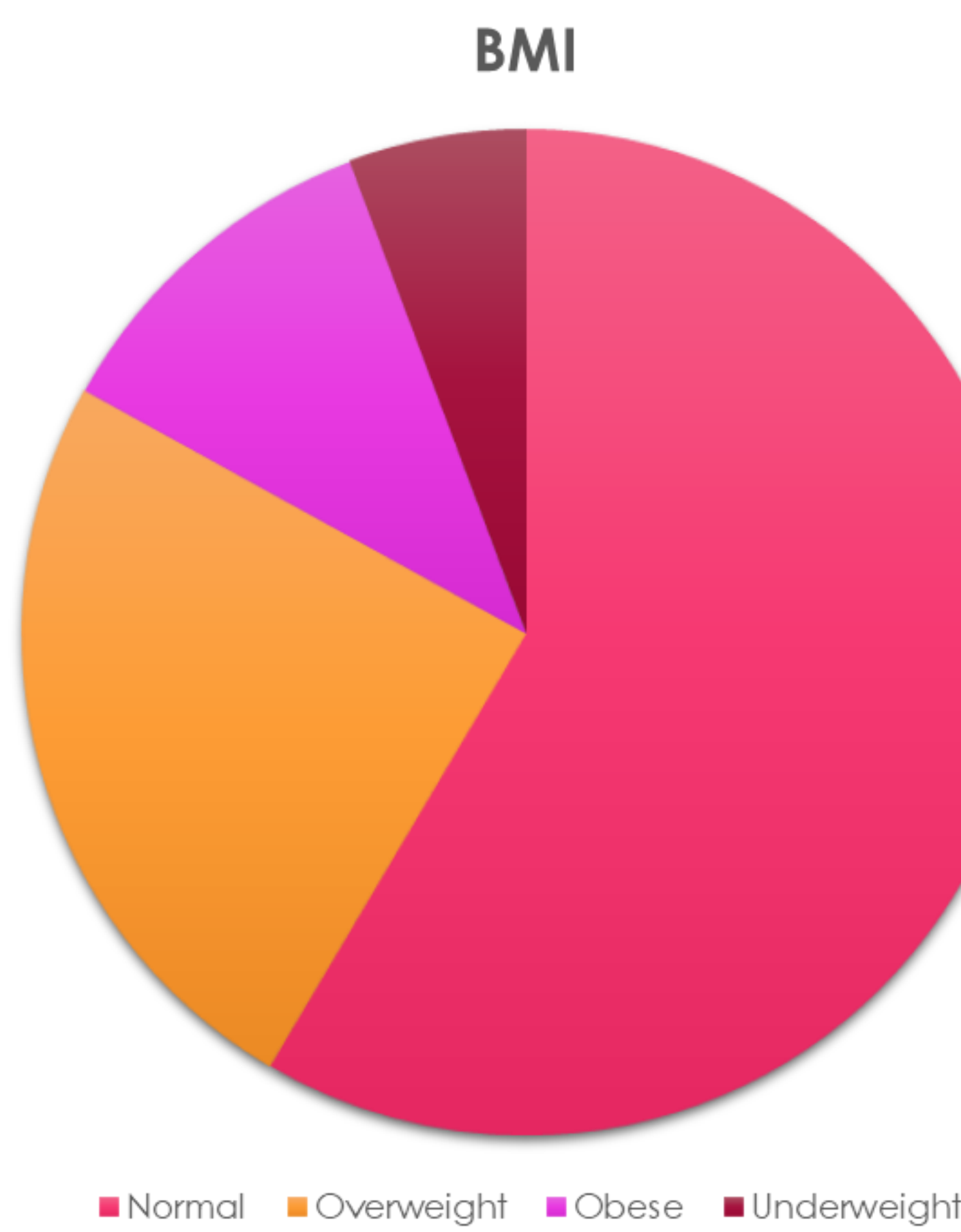
Design: This retrospective analysis was conducted at the Assisted Reproductive Technology (ART) Clinic at Mater Dei Hospital, Malta. The analysed sample was made up of a broad spectrum of women representing typical infertility patients who underwent IVF. All patients who had undergone successful embryo transfers between 1st July 2021 to 31st June 2022 were included.

Methodology: 54 women aged > 30 years were included. BMI, AMH levels and ET at the time of transfer were documented. The number of embryos transferred, their grade and development stage were also noted.

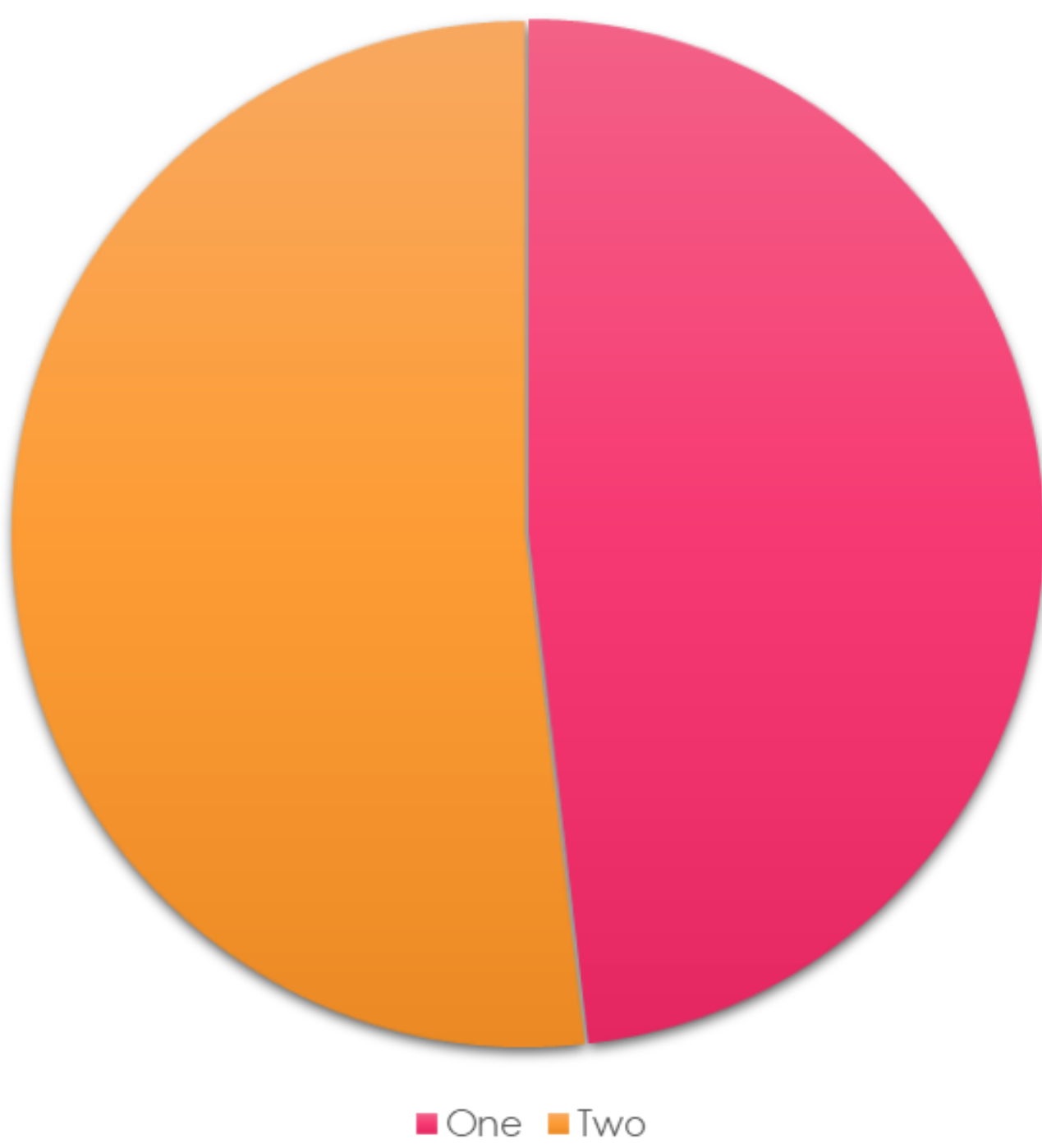
Results: Over half of the patients had a normal BMI but at times patients with high BMI, ranging up to Obesity Class III ended up undergoing IVF. In fact, 35% had a high BMI with 24% of these being overweight and 11% obese.

Reasons for infertility were either male (33%), female (40.7%), combined male and female (11%) or unexplained (14.8%). The majority of female reasons were related to polycystic ovarian syndrome (46.4%) and/or endometriosis (35.7%).

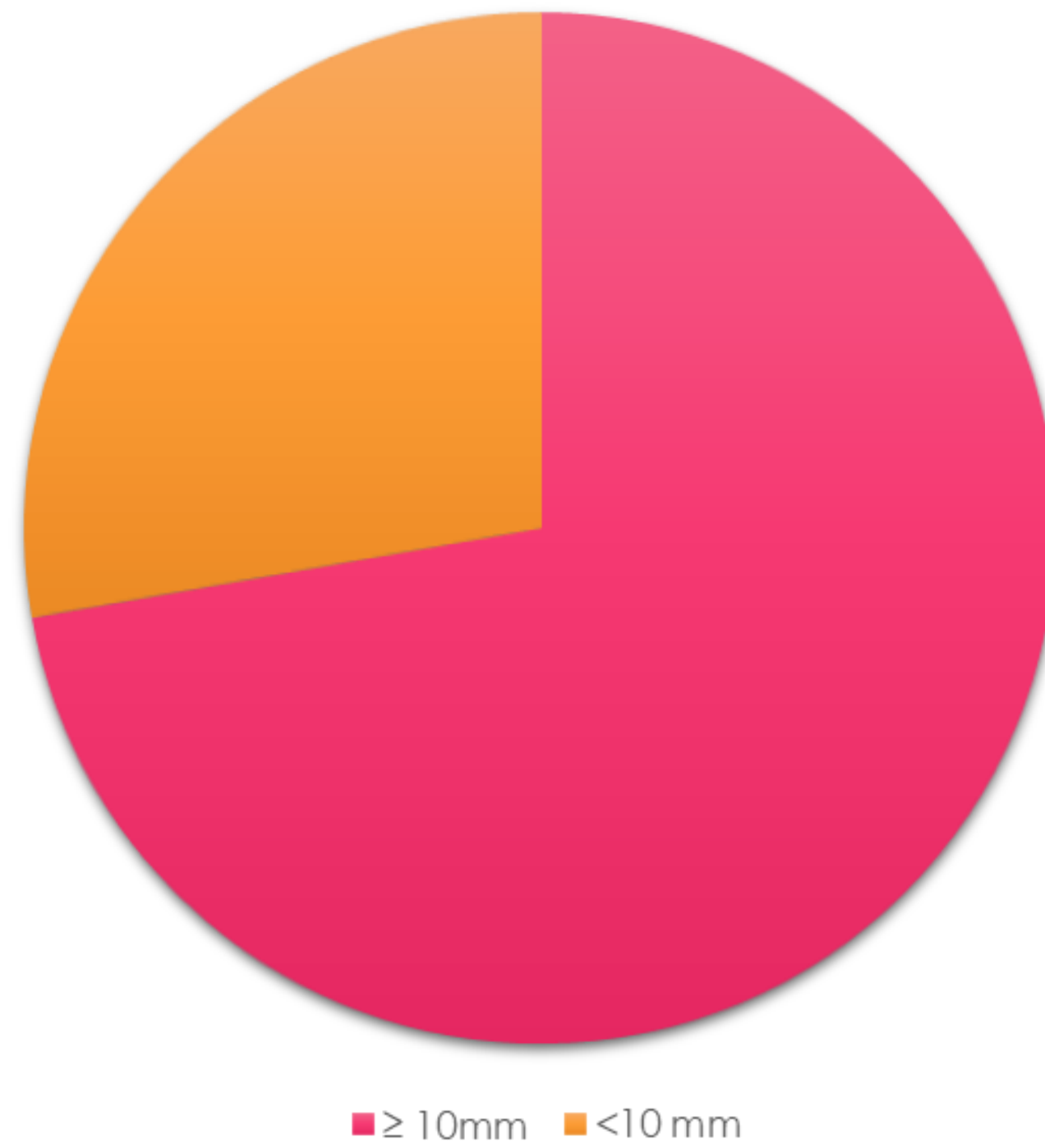
AMH levels ranged from the lowest at 0.76 ng/mL to highest at 60 ng/mL and nearly half of successful IVF patients were over 35 years old.



No. of Embryos Transferred



Endometrial Thickness



83.3% of embryos in this study were Day 3 and grade 2 in quality. Half the patients chose to transfer one embryo versus two embryos. Interestingly, the success rates were equivalent both single and two embryo transfers. Studies recommend that ET for embryo transfer should be >7 mm for optimal outcomes. All patients had an ET >7mm, in fact 72.2% were carried out with an ET of more than 10mm.

Conclusion: The outcome of IVF depends on the characteristics of the couple and thus IVF should be used selectively.

Optimising BMI, extending in-vitro development of embryos and single embryo transfers are criteria that if implemented and adhered to, promise for an increase in success rates as well as patient satisfaction.