What are the Challenges to Patients Choosing Elective Single Embryo Transfer (eSET)?

A multiple birth significantly increases the risk of serious health problems to the mother, fetus, and newborns

- Prospective risk of fetal death more than triples in twins vs. a singleton
- The average gestational age at delivery is 35 weeks for twins and 32 weeks for triplets vs. 39 weeks for singletons

So why do so many women choose Multiple Embryo Transfer (MET)?

**It all comes down to having the right information!**

Patients often make a **major medical decision** regarding embryo transfer without knowing the full risks of a multiple birth

Patients want **more counseling and information** about support groups and emotional support

Lack of insurance coverage has a huge impact on eSET

Patients want and need **more communication** with their medical team

More patients will choose eSET if they...

1. Receive more education more often, and earlier in the treatment cycle, regarding eSET—especially by physicians
2. Understand that eSET can have equivalent live birth rates to MET with additional FET cycles
3. Understand that eSET reduces serious health risks to both mothers and babies
4. Can find solutions to the financial costs of IVF

Healthcare Professionals need to educate women about the benefits associated with eSET and in so doing improve mother and baby outcomes