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ANALYZING OUTCOMES OF DAY 6 SINGLE EUPLOID EMBRYO TRANSFERS: DO DAY 6 EMBRYOS HAVE COMPARABLE REPRODUCTIVE POTENTIAL REGARDLESS OF THEIR DAY 5 APPEARANCE?

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Title:

ANALYZING OUTCOMES OF DAY 6 SINGLE EUPLOID EMBRYO TRANSFERS: DO DAY 6 EMBRYOS HAVE COMPARABLE REPRODUCTIVE POTENTIAL REGARDLESS OF THEIR DAY 5 APPEARANCE?

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Preferred Presentation Type:

Oral or Poster

Study Type:

Retrospective Cohort Study (includes comparator groups)

Category - Subcategory(ies):

ART: Clinical

ART: Laboratory

ART: Outcomes

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ACCME Disclosure

Nothing to disclose. No off-label or otherwise non-approved product use.

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Applying for an award

Trainee: Yes

Abstract Category:

All Other Categories

Applied for the In-Training Award for Research

Abstract Text:

OBJECTIVE: Embryos are cultured to day 6 when they do not meet specific criteria for expansion or inner cell mass (ICM)/trophectoderm (TE) quality on day 5. The objective of this study is to examine whether the indication for extended culture to day 6 is associated with subsequent single euploid embryo transfer (SEET) outcomes.

MATERIALS AND METHODS: This was a single center, retrospective cohort study that included all patients who underwent their first SEET cycle with a day 6 embryo from January 2016 to December 2025. All embryos were evaluated on day 5 and cultured to day 6, at which point they met criteria for biopsy and cryopreservation. Embryos were grouped based on their developmental progress and morphological grade on day 5: Group 1: Slow Development (Embryos that had not yet reached full blastocyst expansion on day 5, and were classified as compacted, morula, or early blastocyst (expansion 1-3)); Group 2: Poor Quality, Expanded Blastocyst (Embryos that reached full expansion on day 5 (expansion 4-6) but were assigned poor TE and ICM grades). The primary outcome was ongoing pregnancy/live birth (OP/LB). Secondary outcomes included pregnancy, clinical pregnancy, and clinical pregnancy loss. Descriptive and univariate statistics were performed using Wilcoxon Rank-Sum Test and chi-square. Logistic regression, adjusted for patient transfer age, oocyte age, BMI, endometrial thickness, cryopreservation and transfer year, and embryo quality at biopsy was performed.

RESULTS: A total of 2,586 day 6 SEET cycles were included. Of these, 2,037 embryos were classified as Slow Development (Group 1) and 549 embryos were classified as Poor Quality, Expanded Blastocysts (Group 2) based on day 5 morphology. Baseline characteristics were similar between groups. A greater proportion of embryos in Group 2 were fully hatched (expansion 6) by day 6 compared to Group 1 (40.3% vs 16.3%) ($p < 0.001$). Most embryos in both Group 1 and 2 had an ICM grade of A by day 6 (63.7% and 55.4%, respectively). Clinical pregnancy rates were lower in Group 2 (58.7%) compared to Group 1 (64.4%) ($p = 0.014$). However, chemical pregnancy, clinical pregnancy loss, and OP/LB rates were similar among groups. The OP/LB rate was 53.6% in Group 1 and 50.3% in Group 2 ($p = 0.17$). In adjusted analysis, there was no significant difference in odds of OP/LB between groups (OR 0.824; 95% CI 0.67-1.02).

CONCLUSIONS: Embryos that meet criteria for biopsy and cryopreservation on day 6 have high OP/LB rates, irrespective of the indication for extending culture following day 5 of development. Neither lack of full expansion nor poor embryo quality on day 5 predicted overall outcome when day 6 embryos were used in a SEET.

IMPACT STATEMENT: As long as embryos meet criteria for biopsy and cryopreservation on day 6, their developmental trajectory on day 5 does not significantly affect their reproductive potential.

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Within the past 2 years, have you or your spouse/partner had any potential COI?

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Biographical Sketch Jensen Reckhow is a PGY-3 Resident in Obstetrics and Gynecology at Mayo Clinic. She completed her BS in Environmental Engineering and MPH at Yale University. She conducted translational immunology research at NIH for two years prior to attending Ben Gurion University in Israel for medical school. This is her first time attending and presenting at ASRM and she is looking forward to learning from this passionate and inspiring community.

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Biographical Sketch Early success, marked by his first publication in CELL at Harvard Medical School, inspired Joseph to continue his research endeavors in reproductive endocrinology and infertility. Joseph has been with Reproductive Medicine Associates of New York since 2011. Joseph has authored over 400 peer-reviewed abstracts & manuscripts. Passionate about development, he cultivates relationship with investors & entrepreneurs to advance reproductive endocrinology & infertility care.

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Biographical Sketch Christine Briton-Jones, PhD HCLD serves as the Director of Laboratory Services at Reproductive Medicine Associates of New York (RMA of New York) and as a faculty member of the Reproductive Endocrinology and Infertility (REI) fellowship of Mt. Sinai School of Medicine. Prior to joining RMA in 2015, Dr. Briton-Jones trained in Australia and worked in combined research and clinical positions in Australia, Hong Kong, and directorial positions in California, Utah, Idaho and Nevada. Dr. Briton-Jones has over 20 years of experience in clinical embryology and has participated in developing and refining the laboratory techniques that have contributed to the growing success of assisted reproductive technologies with over 150 peer reviewed scientific manuscripts and abstracts published in international journals. While in Hong Kong, Dr. Briton-Jones secured over \$1 million in grants to fund research projects and developed Y-chromosome microdeletion screening services through the Hospital Authority of Hong Kong. While in California, she was the research director for ART Reproductive Center in Beverly Hills, the embryology service for UCLA and Cedars Sinai Medical Center. Dr. Briton-Jones is a frequent presenter at the American Society for Reproductive Medicine's annual conference as well as the Pacific Coast Reproductive Society annual meeting, and was an invited speaker at fertility conferences in the United States, Scotland, England, Canada, Australia, Guadalajara, Mexico; mainland China and Hong Kong. She was an Associate Editor of Reproductive Biology and Endocrinology Journal (RBEJ) from 2005 to 2016 and is an ad hoc reviewer for Fertility and Sterility; Journal of Reproductive Biology and Endocrinology, Reproductive Biology and Endocrinology Journal Online, Journal of Assisted Reproduction and Genetics, Theriogenology Journal, and the Human Reproduction and Molecular Human Reproduction Journals.

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Organization Name	Relationship Type	Who has this Relationship?
Progyny	Company Officer Relationship Began - Friday, August 25, 2017 Relationship Ended - Thursday, June 1, 2023 Paid Consultant Relationship Began - Relationship Ended - Direct Stockholder Relationship Began - Friday, August 25, 2017 Relationship Ended - Friday, November 1, 2024	Self

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Biographical Sketch Richard Slifkin, MS, TS(ABB), CLT(NYS) serves as the Associate Laboratory Director at Reproductive Medicine Associates of New York. Rick is a frequent presenter and has led the development and dissemination of best practices for embryology laboratory efficiencies and how to employ emerging technologies to lower staff burnout while improving pregnancy rates and integrity of specimen identity.

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