



病人教育

大學生殖保健部



輔助孵化

什麼是輔助孵化及其作用

接受 IVF 的病人，若年齡超過 38 歲，其懷孕幾率大大低於較年青的病人。這個問題的部分原因可能是與他們的胚胎不能夠植入到其子宮內壁並造成懷孕相關。

輔助孵化是一種可以幫助胚胎植入的技術。

胚胎移植進子宮後，它必須脫離其外保護層，然後才能植入子宮。這種脫離外保護層的過程稱為“孵化”。有些病人的胚胎也許不能夠有效孵化，這使得它們無法植入。

什麼是輔助孵化？

輔助孵化是一種可供選擇的手術，是“體外人工受精”(IVF) 實驗室向符合某些標準的病人提供，以改善其懷孕率的手術。它使用非常精確的技術，在胚胎的外保護層上造一個小孔。這個手術是第 3 天胚胎移植前的幾個小時進行的。這個小孔給胚胎一條“出路”，可以改善成功植入的機會。

可能從輔助孵化受益的病人：

- 年齡超過 38 歲
- 其卵子的透明帶（外殼）比正常的要厚
- 以前做過 IVF 周期，但沒有懷孕
- 正在接受冷凍胚胎解凍周期

你的醫生將會向你說明這種手術是否有對你有利。

對胚胎有哪些風險？

輔助孵化是一種非常容易的手術，只須 2 至 3 個小時便能完成。它對胚胎造成傷害的風險非常低。通常不對第 5 天的胚泡進行輔助孵化，因為這時胚泡的透明帶變薄了和擴張了。

但是，類似這樣的技術意味著要對胚胎處理多一次，這會產生對胚胎做成物理損傷的小小風險。在做這些手術時，我們都會非常小心，盡力降低這種風險。

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有任何問題嗎？

你的問題很重要。如果你有任何問題或疑慮，請致電你的醫生或其他 UWMC 保健提供者。

大學生殖保健部：
206-598-4225

網站：
[www.uwmedicine.org/
uwfertility](http://www.uwmedicine.org/uwfertility)

何時進行輔助孵化？

如果胚胎植入安排在取卵後的第 3 天進行，那麼手術便是在第 3 天上午做。

誰可以採用這種手術？

如果你的健康史或以前的 IVF 周期顯示出這種手術對你有利，你的醫生將會和你討論輔助孵化事宜。

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Assisted Hatching
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Assisted Hatching

What it is and how it may help

Pregnancy rates for IVF patients who are over 38 years old are much lower than the pregnancy rates of younger patients. This problem may be partly related to their embryos not being able to implant in their uterine lining and create a pregnancy.

Assisted hatching is a technique that can help embryos implant.

After an embryo is transferred into the uterus, it must free itself from its outer protective coating before it can implant into the uterus. This freeing process is called “hatching.” Embryos from some patients may not be able to hatch efficiently, and this makes them unable to implant.

What is assisted hatching?

Assisted hatching is an optional procedure that the In Vitro Fertilization (IVF) Laboratory provides to improve the pregnancy rates of patients who meet certain criteria. It uses very precise techniques to create a tiny hole in the embryo's outer protective coating. This is done a few hours before embryo transfer on day 3. The tiny hole gives these embryos "a way out," which may improve the chance of successful implantation.

Patients who may benefit from assisted hatching:

- Are older than 38 years of age
- Have eggs with thicker than normal *zona pellucida* (shell)
- Have had previous IVF cycles that did not result in pregnancy
- Are undergoing a frozen embryo thaw cycle

Your doctor will talk with you about whether this procedure will benefit you.

What are the risks to my embryos?

Assisted hatching is very easy to do and takes only 2 to 3 minutes. It exposes the embryos to only a very small risk of damage. Assisted hatching is not done on day 5 blastocysts that have normal thinning and expansion of the *zona pellucida*.

Questions?

Your questions are important. Call your doctor or other UWMC health care provider if you have questions or concerns.

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But, any technique like this means that the embryos are handled an extra time, and this creates a small risk of physical damage. We use great care when doing these procedures to reduce this risk.

When is it done?

The procedure is done on the morning of day 3 after egg recovery, if a day 3 embryo transfer is scheduled.

Who may use this procedure?

Your doctor will talk with you about assisted hatching if your health history or previous IVF cycles show that it may benefit you.

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