Remembryo

Your source for evidence based IVF information

Hello and happy Friday! Here's your latest roundup of IVF research and news I flagged this week.

This is the 3/13/2026 **free patient edition** of the Remembryo weekly newsletter.

Work at a fertility clinic? *You might prefer the* ***IVF professionals' edition****, which includes more technical content for embryologists and fertility doctors.* ***Sign up here***

Announcements

Spring break is next week, so I'll be taking some time off. The newsletter will be sent on Wednesday instead of Friday.

New Remembryo posts

A new study showed that women with unexplained infertility who didn't get pregnant after IVF had a more diverse endometrial microbiome with fewer Lactobacillus bacteria, and metabolites produced by some bacteria may influence how the uterine lining functions during implantation.

Implantation depends not only on the embryo, but also on the environment inside the uterus. One area researchers are studying is the endometrial microbiome, the bacteria living in the uterine lining.

Some studies suggest microbiomes dominated by Lactobacillus bacteria are linked to better IVF outcomes, although results have been mixed.

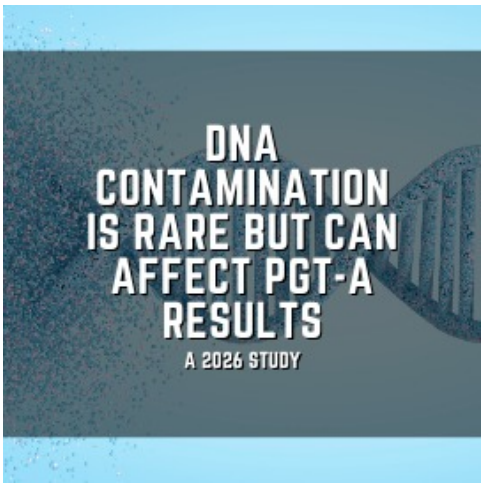
In a new study, F. Giangrazi and colleagues examined the endometrial microbiome of women with unexplained infertility undergoing IVF. Women who didn't become pregnant tended to have a more diverse microbiome with lower levels of Lactobacillus.

The researchers also explored possible mechanisms in lab-grown endometrial cells. They found that butyrate, a metabolite produced by some non-Lactobacillus bacteria, could alter how endometrial cells behave and potentially disrupt the uterine environment needed for implantation.

However, the study was small, relied heavily on lab models, and did not show that these microbial differences directly caused implantation failure.

For now, these findings help researchers better understand how the endometrial microbiome might influence IVF outcomes, but more research is needed.

You can check out all the details in the full post here.



PGT-A contamination, sometimes reported as "no result," is poorly studied, but a new study found it's rare and that undetected contamination can distort PGT results, highlighting the importance of contamination detection in testing.

PGT-A analyzes DNA from a small number of cells taken from the embryo, so even small amounts of contaminating DNA could affect the results. This contaminating DNA could come from different sources, including residual cumulus cells still attached to a blastocyst or lab personnel.

Georgina Clark and colleagues analyzed more than 57,000 biopsy samples from 32 IVF clinics. They found that contamination was rare, occurring in about 0.45% of samples. However, rates varied between clinics, suggesting differences in lab practices can influence how often contamination happens.

They also found that when contamination occurs, it can sometimes distort PGT-A results. For example, aneuploid embryos could appear mosaic if the biopsy sample is contaminated with normal (euploid) DNA, or euploid embryos can appear triploid in certain situations.

This study highlights the importance of contamination detection in PGT-A testing, since undetected contamination can distort results. The study was conducted by the PGT lab Juno Genetics, which uses a platform that can detect contamination. Other PGT companies offer similar detection capabilities, and some clinics may already report affected samples as “no result” so the embryo can be rebiopsied.

You can check out all the details in the full post here.

Check out the IVF Abroad - Patient's Guide 2025, **showcasing the best countries for IVF treatment abroad!** With this guide you can check clinic popularity, success rates, IVF treatment costs and legislation. The guide is comprehensive and includes 105 pages with 11 of the most popular countries, without ads.

Quick look studies

New studies that I took a closer look at this week but didn’t fully break down on Remembryo.

Study links medications to male infertility reports

Researchers reviewed thousands of reports from the US and Europe and found that 19 drugs were reported more often for male factor infertility, including hair

loss drugs, prostate medications, hormone therapies, antidepressants, seizure medications, and chemotherapy drugs. Infertility events were typically reported about four months after starting treatment, but because these databases rely on voluntary reports, the study cannot prove that the medications caused infertility.

Read more on Frontier in Pharmacology **(full article), or see my longer summary on** Instagram**.**

From the Remembryo Library

Embryo arrest is when an embryo stops developing, usually before reaching the blastocyst stage.

This is very common in IVF, and many embryos stop growing during early development.

One important stage happens around day 3, when the embryo begins activating its own genes in a process called embryonic genome activation. Up until this point, the embryo relies on proteins and RNA stored in the egg to drive early cell divisions. If this transition fails, development can stop.

Several factors are associated with embryo arrest, including:

- Chromosomal abnormalities (aneuploidy).
- Problems with specific genes, like TUBB8 or PADI6, which help regulate egg maturation and early embryo development.
- Mitochondrial dysfunction, which can limit the energy needed for cell divisions.
- Reactive oxygen species (ROS) and cellular stress from environmental or lifestyle factors.
- Sperm DNA fragmentation.
- Non-ideal IVF lab conditions, like poor air quality, which can place stress on developing embryos.

While embryo arrest is common and expected in many IVF cycles, some

people experience higher-than-expected rates of embryo arrest. In those cases, underlying causes may be involved, and genetic testing may sometimes help identify contributing factors.

Read the full explainer on embryo arrest here.

IVF Research Brief

🔒 *This is a preview of a paid section.*

Each week I screen hundreds of IVF studies and flag the most relevant. Members receive short summaries and direct links to all of them, organized by topic (implantation, egg quality, PGT-A, and more). Subscribe for full access to all summaries and study links.

Embryo Implantation & Transfer Success

- A review examines **surgery for endometriosis** related infertility and concludes that while surgery may improve natural conception in some cases, overall reproductive benefits appear modest and outcomes remain variable.

Egg Quality & Female Hormonal Balance

- In a randomized trial of poor ovarian responders undergoing ICSI, **CoQ10 supplementation** increased oocyte yield and ovarian reserve markers but did not improve pregnancy rates.

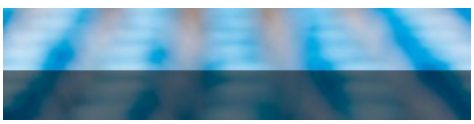
Other IVF Research

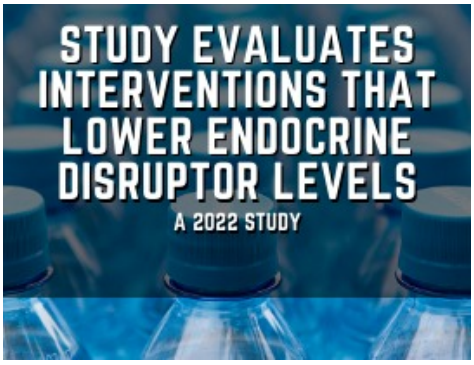
- Higher metabolic **insulin resistance** scores were associated with greater infertility risk, largely driven by BMI and triglyceride related metabolic dysfunction.

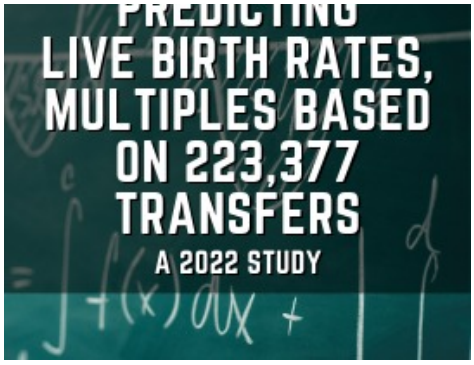
💛 If you find these summaries helpful and would like to support my work, you can subscribe to Remembryo or make a voluntary donation.

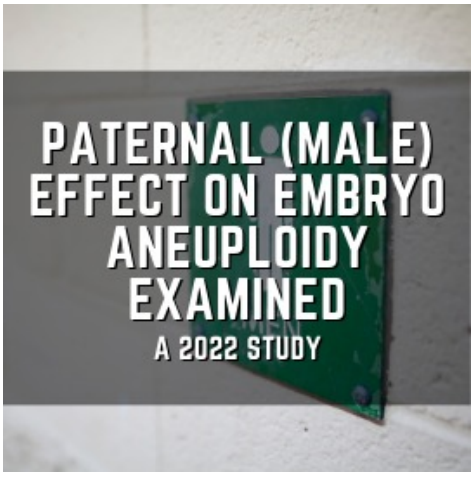
Explore more IVF Research

These are older posts readers found especially helpful.









IVF and Pregnancy in the News

🔒 *This is a preview of a paid section.*

New Costco program aims to make fertility treatment more affordable

Costco has partnered with Sesame and IVI RMA to offer members fertility care coordination and discounted medications, with reported savings of up to 80% on IVF drugs. The program aims to improve access for self-pay patients by connecting them quickly with clinicians and fertility clinics.

Read more on Glamour**.**

❄ Have a great weekend! ❄

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