Objective: To analyse the results of Single Embryo Transfer (SET) in patients with good prognosis. Material and Methods: Retrospective analysis of SET in our Institut, from October 2002 to September 2004 (n=191, Group 1) and from October 2004 to December 2005 (n=75, Group 2). In our protocol we recommend SET when at least 2 good quality embryos are available for transfer. In the first group the age limit was 39 years and in the second group the limit was 35 years. We compare the SET cases with the patients that decided, in the same conditions, transfer of two embryos (DET). In all cases embryo transfer (ET) was performed in day 2 post egg collection.

Results: In the period analysed SET was planned in 495 ET, accepted by 266 cases (53.7%) and in 229 cases DET was carried out (46.3%). Pregnancy rates were 46.6% for SET and 57.6% for DET, and that was statistically significant (p<0.05). Twin pregnancy rates were 0.8% for the SET group, one twin monozygotic pregnancy, and 28.8% in the DET group. Once analysed by maternal age, majority of twin pregnancies occurred in women of less than 33 years of age.

Conclusions. Pregnancy rates are higher in the DET group compared to the SET group; 57.6% and 46.6%, but this increase is paid by increasing the twin pregnancy rates from 0.8% in the SET group to 28.8% in the DET group. The final decision in the number of embryos to be transferred depends on the couple, but a good information in pregnancy rates after fresh embryo transfer, pregnancy rates after frozen embryo cycle and complication of multiple pregnancy must be given in all cases.