




We can store
your eggs,
so they are ready
when you are.

Elective Egg Freezing



SA'S IVF LEADER SINCE 1982

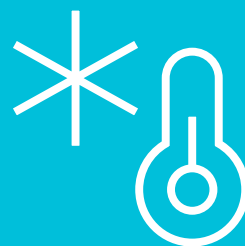


If kids are on
your radar
but you're not
ready for them
yet, then egg
freezing may
be right for you

There are many reasons you might delay the decision to have a baby such as waiting until you are in the right relationship or a better time in your career, or you may not even be sure you want to have children but want to have the option should you change your mind in the future.

Unfortunately, as we age the quantity and quality of our eggs diminish, and our biological clock may not fit in with our life plans. Elective egg freezing can give you more options for when to start a family.

**Collecting and freezing eggs
at an optimum time helps to
increase your chances of a
successful pregnancy in the
future.**





What is the best age to freeze eggs?

The earlier you choose to freeze your eggs the better chance you have of achieving a successful pregnancy when the time is right for you. While your ovaries continue to age and the number of viable eggs declines over time, your body is usually capable of supporting a pregnancy until the average age of menopause (approximately 51 years of age).

Egg freezing has greatly improved over the past decade and there are now over 5,000 babies born worldwide thanks to this technology, however egg freezing should not be considered an 'insurance policy'. The reality is that freezing your eggs and storing them does not guarantee that you'll have a baby with them in future. The live birth rate for using frozen eggs depends heavily on your age at egg collection. Your most fertile years are between your 20's and early 30's when the ovaries contain a large number of healthy eggs. This is the optimal time to freeze eggs and to increase your odds of having a baby at a later date.

Egg freezing after 35 years of age is definitely still an option, however you may require a number of cycles to improve your chance of success.

A discussion with your fertility doctor will help you to decide how many eggs to freeze in your personal circumstances so that you have the best chance of a healthy baby.

While eggs can be stored for up to 15 years, we recommend using these frozen eggs by the age of 40 if possible, as complications become more common with increasing maternal age. Less talked about, but also common, is that the sperm of men over the age of 40 starts to decline in quantity and quality too, which can reduce your chance of making a healthy embryo with a male partner.

Most women are unaware of their current fertility health status, so it's a good idea for you to understand where you are today before making any decisions about your future fertility. Contact us to set up an appointment for an initial consultation.





Egg freezing process

First appointment – exploring if egg freezing is right for you

At your initial consultation you'll first meet with one of our fertility nurses who will explain the steps involved in freezing your eggs and what it will cost. They will also give you a comprehensive information pack including consent forms, a fee guide and a flow chart that goes through each step of the process.

Afterwards, you'll have a bulk-billed consult (free if you have a Medicare card) with a fertility doctor who will take your medical history and order some investigations.

The investigations will most likely include:

- an AMH, which is a blood test to determine your ovarian reserve (i.e. an indication for how many eggs you may have left).
- baseline hormonal blood tests, a rubella test and some routine infectious screens.
- a baseline pelvic scan at to assess your ovaries, fallopian tubes and your antral follicle count.

These, will help your doctor to assess your current fertility and recommend which medications would suit you best if you decide to proceed with egg-freezing.

Second appointment – consents and medications advice

Your doctor will go through all your test results with you and discuss whether egg freezing will be suitable for you. You will be given an overview of likely success rates and an idea of how many cycles you may require for your individual situation.

The doctor will then go through the consent process for your treatment and give you prescriptions for your medication.

Next, a fertility nurse will see you and give you a personalised flow chart for your cycle and explain how each medication works. They will show you how to do your injections and you will have a detailed discussion about how to book on for your treatment.

There will be plenty of time to ask any questions you have about the process. There is a lot of information to absorb at this appointment, so you are welcome to bring a friend, partner or other support person to this appointment so they can make notes if you think that would be helpful.

Booking on for your cycle

You'll book on for your cycle on day 1 of your period and start approximately 10-14 days of injections to stimulate your ovaries and control ovulation. They are self-administered as subcutaneous injections into your abdomen each evening whilst at home.

You'll need to come into the clinic a few times so we can track your cycle. We'll look for follicular growth using vaginal ultrasound scans and take blood tests to monitor your hormone levels. These appointments are generally early in the morning to minimise disruption to your day.

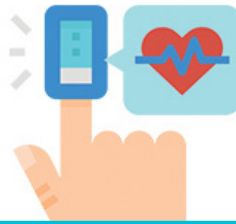
Once you are ready for your eggs to be collected we will advise you when to take your trigger injection. This injection helps with the final maturation of the eggs prior to collection by your doctor.

HOW DOES EGG FREEZING WORK? A STEP BY STEP GUIDE

1. Initial consultation



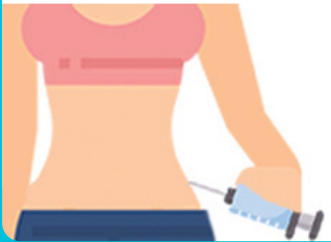
2. Blood tests & scans



2. Second consultation



4. Stimulation



5. Monitoring



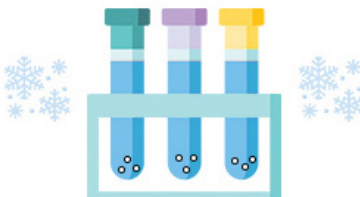
6. Trigger injection



7. Egg collection



8. Egg freezing & storage



9. Eggs are stored until you are ready to use them



Egg collection

The egg collection procedure takes place at Glenelg Day Surgery, directly above our clinic. As a light anaesthetic is involved, you will be required to fast from midnight the night before your procedure and you'll need to take the day off work (and you shouldn't drive or operate machinery for 24 hours). We can provide you with a medical certificate for your employer.

The procedure usually takes about 20-30 minutes. A fertility doctor will use ultrasound to guide a needle through the vagina into each ovary and drain follicles into a collection tube. The fluid is examined under a microscope to determine if an egg has been obtained. An embryologist will then take your eggs to the laboratory where they will be assessed and prepared for freezing.

Post anaesthetic recovery from this procedure only takes about 30-60 minutes and you'll be advised of how many eggs were retrieved.

Freezing and storage of your eggs

Your eggs will be assessed for their maturity by one of our embryologists. Immature eggs are not frozen as they are not able to create embryos. The mature eggs will be frozen using a method called vitrification, which is essentially like snap-freezing as it prevents ice crystal formation which can cause damage to the eggs. Your embryologist will call you to advise how many of your eggs have been successfully frozen.

Once frozen, your eggs are stored on straws which are placed in tanks filled with liquid nitrogen to keep the temperature extremely low (-196°C). These tanks are monitored continuously using an alarm system to ensure the long term safety of your eggs.



Using your frozen eggs

If you decide to use your eggs in future to try for a baby, an embryologist will thaw your eggs and fertilise them with sperm using a process called ICSI (intracytoplasmic sperm injection) to create embryos. These are then cultured for several days, after which the embryo is transferred into your uterus and hopefully develop into a successful pregnancy.

Any additional embryos that are created, as long as they are suitable, will be frozen for your future use.

How much does egg freezing cost?

Costs are dependent on your individual situation (such as whether you have private cover that may cover some fees) so it's best to speak to us for more details. We offer flexible payment plans with zip so you can pay in instalments if you prefer.

BOOK AN APPOINTMENT

To book an appointment just call us on 08 8155 5333 or click to book [here](#)



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