



## Getting started

### TAKING THE FIRST STEP

To get started, we recommend you make an appointment to talk with a fertility specialist.

At this consultation, the specialist will explain options and help you form an initial plan. He or she will also arrange some initial screening tests to assess your fertility.

### THE PROCESS OF EGG FREEZING

Egg freezing involves all the steps of an IVF cycle, up to and including egg collection.

#### Initial Stage – Egg Freezing only:

1. Treatment starts with ovarian stimulation, which uses medication that mimics the body's reproductive hormones to increase the number of eggs available. There are a variety of medications used to do this, and they all work similarly. We'll provide you with an information magazine 'Pathways to a Child' that covers all the steps in more detail.

2. When the eggs have matured, they are collected by a simple medical procedure, and frozen by a method called vitrification.

#### Later Stage – Egg Thaw, Fertilisation and Transfer:

1. When you want to use the eggs, they are thawed, and the IVF cycle continues.
2. We'll add sperm to the eggs to create embryos, transferring the best resulting embryo to your uterus and freezing any extra embryos.



Even if you're uncertain about wanting a family, freezing your eggs today will give you possibilities in the years to come.



## A little biology

### OVARIAN RESERVE AND AGE

- A woman's 'ovarian reserve' – the number of eggs she has left in her ovaries – falls with age.
- Tests of ovarian reserve can be used to predict the number of eggs you are likely to get in an egg freezing cycle.

The most significant factor is the woman's age at the time of egg collection and her ovarian reserve.

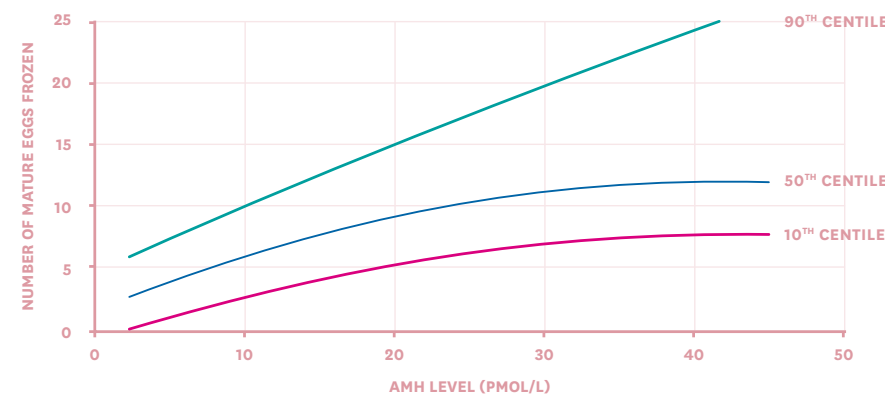
Your fertility expert will explain this in more detail at your initial consultation.

### HOW MANY EGGS CAN I EXPECT?

If you've never had fertility treatment before, your AMH level is the best predictor of how many eggs to expect from a single cycle of egg freezing. Age is much less important.

However, there is still a lot of variation between different women with the same AMH level, and from cycle to cycle in the same woman. We've shown what to expect in the graph below.

Number of Eggs to Expect Based on AMH Level



- The middle line shows the average number of eggs suitable for freezing according to the woman's AMH level.
- The lower line is the 10<sup>th</sup> centile which means 1 in 10 women will get fewer eggs than indicated.
- The upper line is the 90<sup>th</sup> centile which means that 1 in 10 women will get more eggs than the upper line.



## Statistically speaking

### WHAT ARE MY CHANCES OF HAVING A BABY?

We can't give real-world egg freezing success rates for every combination of age and number of eggs simply because it's a relatively new technique. There is not enough data available at Fertility Associates or internationally.

However, several experts have calculated the probability based on the number of eggs stored and the age of the woman when she stored her eggs. An example is shown below, using data from a scientific publication by Doyle and co-authors in the journal Fertility & Sterility.

### BOOSTING YOUR CHANCES

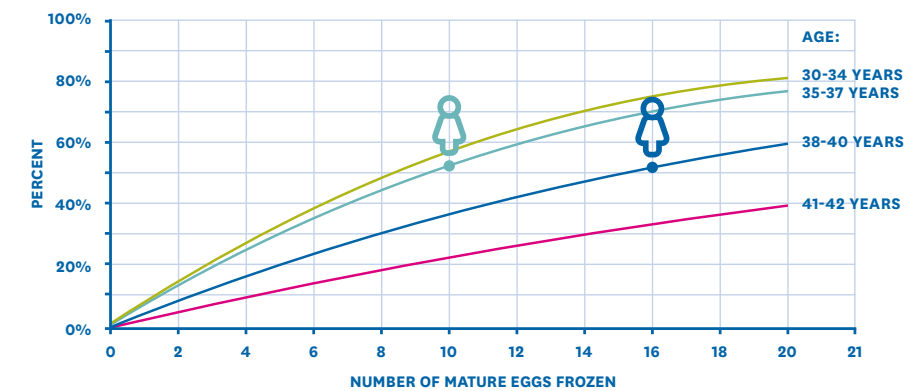
The graph below shows that two things can increase your odds of having a child:

- If you can, freeze your eggs while you are younger.
- If you can, freeze more eggs. The way to do this is to have more than one egg freezing cycle.

For example (according to the graph):

- If you are **36 years**, of age then **10 eggs** will be needed to give you a **50%** chance of having a child.
- If you are **39 years** of age then **16 eggs** will be needed to give you a **50%** of having a child.

Predicted Chance of a Child by Number of Eggs Frozen (from Doyle et al 2016)



To find out more about success rates from IVF treatment please see our latest Pathways to a Child booklet or ask our medical team.

### NUMBER OF FROZEN EGGS NEEDED FOR A 50% CHANCE OF HAVING A CHILD

**10 EGGS**  
36 YEARS OF AGE

**16 EGGS**  
39 YEARS OF AGE