

fertility 
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Egg freezing

Preserving your
fertility for the future

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What is egg freezing?

Egg freezing is a method of preserving a woman's fertility so you can try and have children later. As you age, the quality of your eggs declines, but when your eggs are frozen, their age is 'frozen in time'.

Who can freeze eggs?

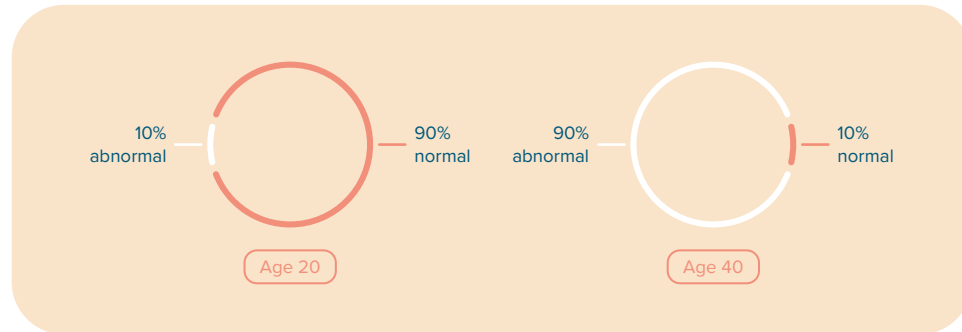


- women of any age, but typically from mid 20's through to early 40's
- those who have not met the right person just yet
- those who are not quite ready and want to focus on their careers
- those who are undergoing treatments that can impact fertility such as cancer treatments, gender affirming hormone therapy (GAHT), or other surgery
- those who discover they have low egg reserves but are not ready for pregnancy yet

AMH testing

Your doctor will probably want to start the process with an AMH (Anti-Müllerian Hormone) test, a simple blood test which gives an indication of the quantity of eggs a woman has relative to others for her age. The AMH test is currently regarded as the best method to estimate ovarian reserve.

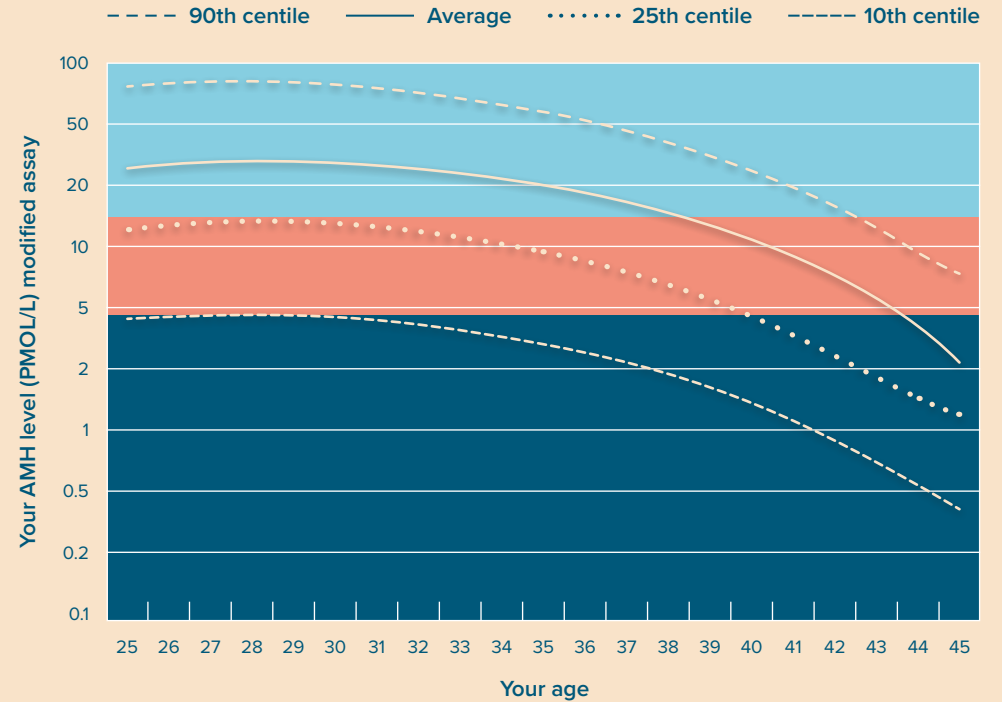
It helps us to understand the number of eggs we might retrieve and the drug doses we need during an IVF cycle. It can also identify women who may experience early menopause, potentially losing their fertility earlier than average. It is NOT a measure of egg quality. Like most fertility tests, an AMH test doesn't provide a definitive answer. Your AMH result is plotted on a graph that shows a scale from normal to low, like the one opposite.



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Your chance of collecting six or more eggs



80%	Above the 25th centile	Normal ovarian reserve	80% chance of 6 or more eggs in IVF
50%	Between the 25th and 10th centiles	Some reduction in ovarian reserve	50% chance of 6 or more eggs in IVF
20%	Below the 10th centile	Likely reduced ovarian reserve	20% chance of 6 or more eggs in IVF

Source: Fertility Associates records. The percentage chance figures are based on the chance of collecting > 6 eggs in younger women.



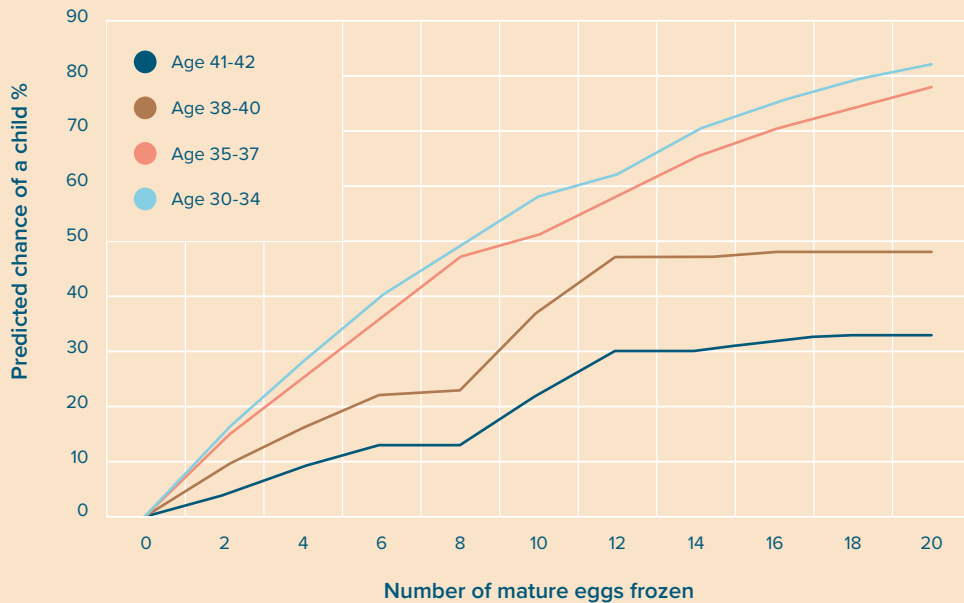
You can read more about the AMH test on the Fertility Associates website

How many eggs need to be frozen?

The number of eggs available for freezing differs for each individual and is determined by the number of viable eggs produced during ovarian stimulation. The AMH test, indicating ovarian reserve, gives us a guide as to how many eggs we might expect to get from a cycle.

Using this, in combination with age, allows us to predict the number of eggs that need to be frozen, as well as to how many egg collection cycles you might need to do to reach the required number. The projections must be viewed as a guideline only, as the number of eggs that can be retrieved is never guaranteed.

Predicted chance of a child by number of eggs frozen



Source: Doyle et al, 2016 plus updated stats from Cascande et al ASRM data 2022



You can work out from the table below how many eggs you will need to achieve a good chance of pregnancy:

No. frozen eggs	Age during retrieval			
	30-34	35-37	38-40	41-42
5	34%	30%	18%	11%
10	58%	51%	36%	22%
15	73%	67%	47%	31%
20	82%	77%	48%	33%



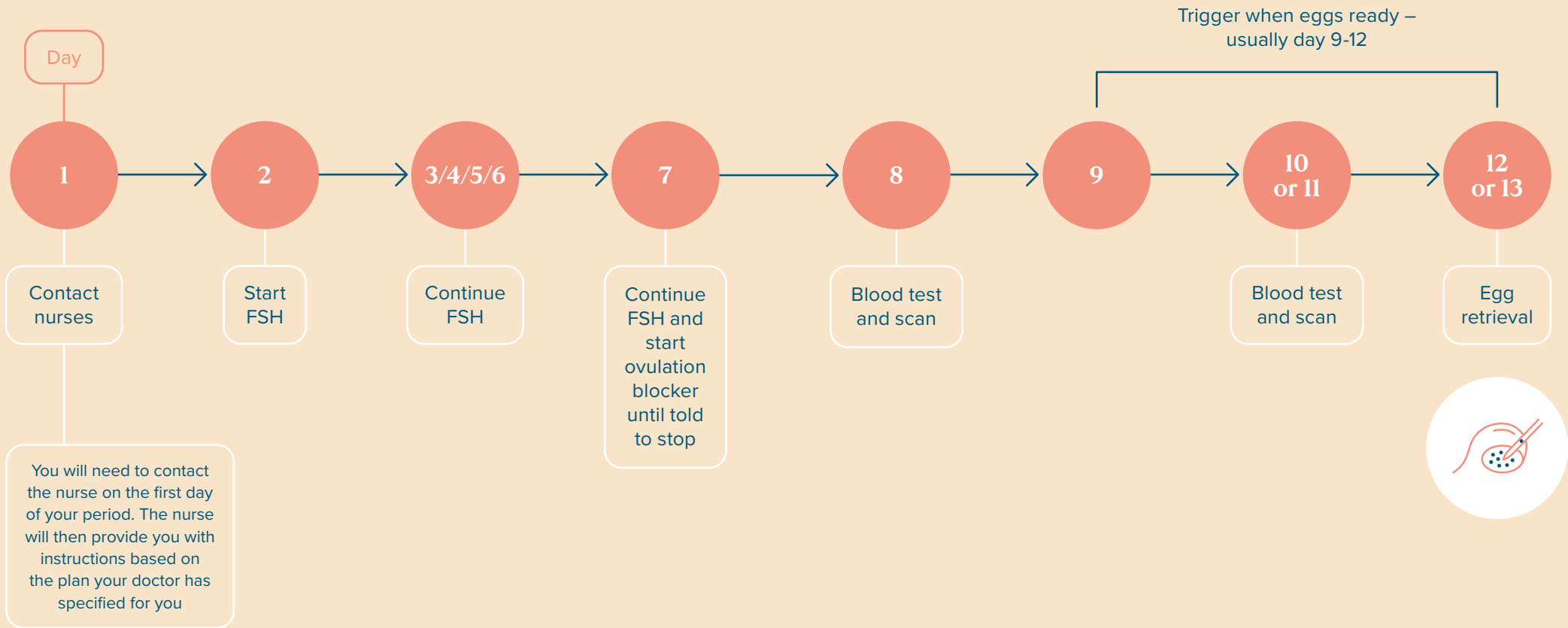
For example, If age at retrieval is 37, then 20 eggs give a 77% chance of a baby. To have 2x babies you would need about 50 eggs as not all eggs survive the thawing process and of those that do, not all will fertilise and grow to embryos.

Number of children	Age at retrieval	% chance	Number of eggs needed
EXAMPLE 2	37	77%	25 x 2 = 50
Number of children I would like	My age at retrieval	% chance	Eggs required

Typical treatment timeline



More IVF information



Treatment costs

A consultation with one of our fertility specialists is the first step to help you build a pathway towards your future fertility plans. We want you to feel confident that the cost won't unexpectedly exceed your budget, so we offer an all-inclusive price for an egg freezing cycle that includes all medication. We provide a multicycle plan discount, in case you need a second or third cycle to boost the number of eggs you have stored.

Included

- Egg freezing cycle
- Medication used within the cycle
- Pre-cycle talks with a fertility nurse
- Review consultation with doctor
- Counselling appointment
- Storage for first six months

Not included

- First consultation or initial screening
- Additional treatments outside the egg freezing cycle
- Anaesthetist
- Interpreter
- Embryology and transfer fees incurred at the time you use your eggs

My treatment costs will be:

First doctor consultation \$

AMH test \$

Egg freeze cycle 1 \$

Egg freeze cycle 2 \$
(20% discount if within 3 months of first cycle)

Egg freeze cycle 3 \$
(30% discount if within 3 months of first cycle)

Other \$

Total \$

Notes



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