



FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

Should I freeze my Eggs?

Recent advances in medicine are now allowing women the chance to delay their pregnancy until a more opportune time. The "right time" may mean you have finally found the right marriage partner, gotten to a place in your career where you can invest more time in a family, or have overcome a major medical disease such as cancer. Newer protocols for freezing (vitrification) have allowed a higher percentage of eggs to survive and now, with the use of sperm injection, a higher percentage of eggs can be successfully fertilized. Live birth rates now are reported as being approximately the same as frozen embryo transfers. Since success rates have improved so dramatically, Egg Freezing is no longer considered experimental.

Every patient is different and there are times when your physician may recommend that you do not freeze your eggs. For instance, you may have a low chance of success and the risks from the treatment may outweigh the benefits. Other risks may include complications from the procedure (infection, bleeding, injury to bowel or bladder, and anesthetic risks), financial risks (each treatment is very expensive), and the emotional toll from a failed cycle.

We have identified certain clinical situations where we feel the chance to have a successful egg freezing cycle and subsequent pregnancy is good. We recommend considering treatment if you are in one of these groups.

- Women less than 38 years of age.
- Women with:
 1. FSH < 10
 2. AMH > 0.5
 3. AFC > 8

Remember that with egg freezing the eggs have to be healthy enough to be frozen, thawed, fertilized, and divide to the point of becoming a healthy embryo and ultimately a healthy baby. This is a long journey and requires a greater quantity and quality than is needed for embryo freezing or a fresh IVF cycle. On average, 10 eggs retrieved will result in 8 eggs that survive the thaw, 6 that are able to fertilize, and 3 healthy embryos for transfer. The more eggs we can harvest (within reason), then greater the chance for a baby.