

Planning for Your Future Family

Options for Your Future

While your plans for your future may include a family, now might not be the right time. We know that it's both important that you feel ready and that you're aware that your fertility declines with age. Egg freezing (also known as oocyte cryopreservation and fertility preservation) is the process in which eggs (oocytes) are extracted and frozen via vitrification (a flash freezing process). They are then stored and preserved until you are ready to use them.

As you age, the quality and quantity of eggs decreases. Choosing to freeze your eggs allows you to attempt to preserve your younger (and often healthier) eggs until the time comes when you're ready to start a family. Your chances of a successful pregnancy down the road are greater if you can freeze your eggs when you are younger.

What to Expect

Understanding your options starts with an initial consultation with a fertility specialist. The visit will include ovarian reserve tests, including a transvaginal ultrasound and a blood test to measure your anti-mullerian hormone (AMH) level. In addition to testing ovarian reserve, you may also have other blood work performed, such as pre-conception carrier screening, infectious disease testing, and other routine blood tests.

When the treatment cycle begins, you'll need to administer fertility medications and visit your doctor regularly for 9-12 days of monitoring before undergoing the egg retrieval. The egg retrieval is an outpatient procedure in which, under sedation, an ultrasound-guided needle is inserted vaginally, and a small needle is used to puncture the follicles and aspirate the eggs from the follicle. The retrieved eggs are immediately frozen through vitrification and will remain preserved until you are ready to use them to build your family.



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