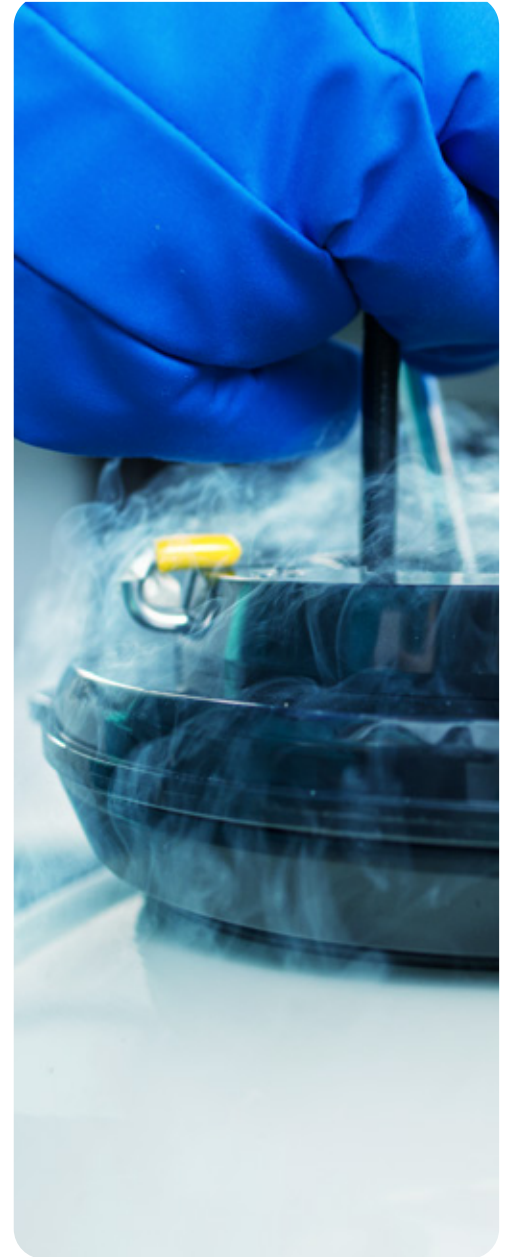


## Why do women want to freeze their eggs?

Some women decide to freeze their eggs to give themselves the option to have children later in life. This can be especially helpful because as a woman gets older, her ability to have children decreases (see information leaflet on female fertility and age). By freezing her eggs in her 20s or 30s, she can use them later when she's ready to have a baby.

### There are several other reasons a woman might freeze her eggs:

- If she thinks she wants children, but the conditions are not right, such as not having a partner, or her partner is not ready
- She might need medical treatment, for example for cancer, that could harm her eggs
- She could have a health condition that affects her fertility, such as Turners syndrome or endometriosis
- During fertility treatments, if there's no sperm available to fertilize the eggs, she can freeze the eggs to use later
- Before egg freezing was possible, women who needed a donated eggs had to wait for a donor who was at the same menstrual cycle stage as they were. But now, frozen donor eggs can be used at any time, which is much more convenient
- They might be transitioning gender and want to preserve their fertility before transitioning



## What happens when a woman goes through egg freezing?

If a woman decides to freeze her eggs, she'll go through a process similar to the early stages of IVF (in vitro fertilization), but she won't create embryos – see information leaflet on IVF. This means the eggs are collected but not fertilized with sperm.

Egg freezing takes about 2-4 weeks and involves taking fertility drugs to encourage the ovaries to produce multiple mature eggs. Every woman's body reacts differently to these drugs, so doctors will first check her egg supply to figure out the right dose of drugs to use.



## How many eggs to bank and the success of egg freezing

It's not easy to say how many eggs a woman should freeze or how likely it is that she'll have a baby using frozen eggs. The chances of success depend on her age when she froze her eggs and how many eggs she froze.

Since not many women have used their frozen eggs yet, it's hard to have exact success rates. If we assume that frozen eggs will work as well as fresh eggs, we could expect similar pregnancy rates as with fresh IVF, which varies by age. For example, data from the UK shows that women under 35 using fresh IVF have about a 30% chance of having a baby, but for women over 44, it drops to under 3%.

The average age of women freezing their eggs is age 38. If a woman in her 40s tries to get pregnant with fresh eggs, her chance is about 7%. But if she uses eggs she froze at 30, her chances are much better—over 30%. So, the best advice is to freeze eggs as early as possible.



40 years old  
→ Froze at 30

Better chances

**30%**

## When will women come back to use their eggs?

If a woman wants to get pregnant, she should first try without medical help. If that doesn't work, she can use her frozen eggs. The clinic will thaw the eggs and fertilize them with sperm from her partner or a donor. This creates embryos that can be placed in her womb or potentially frozen again for later.

# EGG FREEZING

Birth rate per embryo transferred

