



What is egg freezing?

Egg freezing, also called oocyte cryopreservation, is a way of preserving your fertility for the future. The process involves stimulating your ovaries to produce multiple eggs, collecting those eggs in a short day procedure, and freezing them using a rapid freezing technique called vitrification. The eggs are stored until you decide to use them.

Frozen eggs can later be thawed, fertilised with sperm (via IVF), and transferred to the uterus in an attempt to achieve pregnancy.

Why might someone consider egg freezing?

People choose egg freezing for a range of personal, medical, or social reasons. Common reasons include:

- Wanting to delay pregnancy for personal, career, or relationship reasons
- Not having a suitable partner but wanting to preserve future fertility
- Concern about age-related decline in egg number and quality
- Medical reasons such as endometriosis, upcoming cancer treatment or surgery that may affect the ovaries
- Family history of early menopause or reduced ovarian reserve
- Gender-affirming treatment planning

What are the benefits of egg freezing?

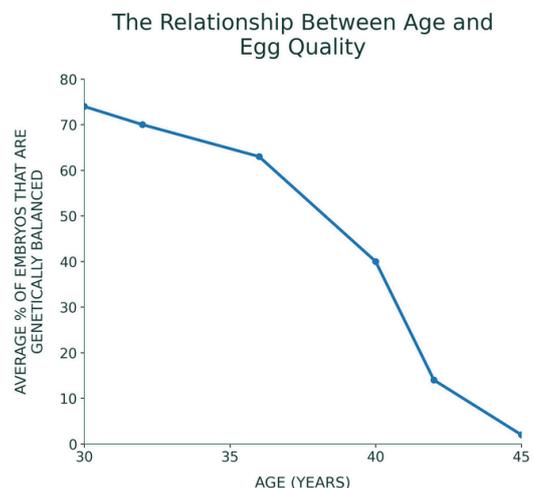
- Preserves fertility potential at a younger age (before age related decline in egg quality and number)
- Provides more reproductive options in the future
- Can reduce time pressure around finding a partner
- Well-established and widely used technology
- Eggs do not age while frozen

What are the limitations and downsides?

- Egg freezing does not guarantee a baby
- Success depends strongly on the age at freezing and number of eggs stored
- Requires daily hormone injections and a low-risk surgical procedure to retrieve the eggs.
- Often it requires multiple cycles (2-3) to store an adequate number of eggs
- Cost includes treatment, medications, and ongoing storage fees.
 - Please see our dedicated fee sheets for up to date information.

As a guide, freezing before mid-30s generally results in better outcomes than later, but individual results vary.

Egg freezing does not guarantee a future pregnancy, but it can increase the chance of having a biological child later compared with doing nothing.





What does the egg freezing process involve?

The egg freezing process usually takes around 2–3 weeks from start to finish (for a cycle).

1. Initial assessment to assess factors affecting your fertility

- Includes a medical history and consultation, blood tests and a pelvic ultrasound.
 - In some cases we may advise a minor day procedure (hysteroscopy and micro-laparoscopy)
- You will then attend a dedicated information session to understand the process, costs, risks, success rates and create an individualised treatment plan for you.

2. Ovarian stimulation

You will use daily hormone injections for around 8–12 days to stimulate your ovaries to mature multiple eggs.

Monitoring scans and blood tests are performed during this time.

3. Egg collection

Egg collection is a day procedure usually performed under light anaesthetic. A needle is guided via ultrasound to collect eggs from the ovaries. Some patients may elect to undergo an egg collection awake in our rooms.

4. Freezing and storage

Mature eggs are frozen and stored in liquid nitrogen. Eggs can remain frozen for many years without deteriorating.

How many eggs should be frozen?

There is no exact number that guarantees success. In general younger patients usually need fewer eggs to achieve a pregnancy. Older patients may require more than one cycle to achieve a reasonable number of eggs. Your doctor will discuss realistic expectations based on your age, test results, and response to stimulation.

Is egg freezing safe?

Egg freezing is considered safe. The main short-term risks include:

- Ovarian hyperstimulation syndrome (usually mild and self limiting)
- Discomfort, or bruising from injections
- Risks associated with egg collection procedure, such as bleeding or infection (very rare)
- There is no evidence that egg freezing increases the risk of birth defects in children born from frozen eggs.

Next steps

If you are considering egg freezing, the next step is a consultation to assess your fertility and discuss whether egg freezing is appropriate for you. Our team will guide you through the process and help you make an informed decision based on your individual circumstances.



Frequent asked questions (FAQ)

Does egg freezing guarantee a baby?

- No. Egg freezing improves the chance of having a biological child in the future, but it does not guarantee pregnancy or live birth.

What is the best age to freeze eggs?

- Egg freezing is most effective when done in the early 30s or younger. Outcomes decline with age because egg quality declines over time.

How long can frozen eggs be stored?

- Eggs can be stored for many years without deteriorating while frozen.

How many eggs do I need to freeze?

- There is no single “right number”. Younger patients generally need fewer eggs, while older patients may require more eggs or more than one cycle.

Is egg freezing safe?

- Yes. Egg freezing is widely used and considered safe. Risks relate mainly to ovarian stimulation and egg collection, not to long-term health.

What is the difference between egg freezing and embryo freezing?

- Egg freezing involves freezing unfertilised eggs. This does not require sperm at the time of freezing and allows fertilisation to occur later, offering greater flexibility if personal circumstances change.
- Embryo freezing involves fertilising eggs with sperm before freezing. This can provide more information about ‘egg/embryo quality’ and the chances of future pregnancy. But, it requires a decision about sperm source upfront and may be less flexible if circumstances change.

Key takeaways

- Egg freezing preserves fertility but does not guarantee a baby
- Earlier freezing generally leads to better outcomes
- More eggs usually means higher chance of success
- Individual assessment is essential

Next steps

If you are considering egg freezing, the next step is a consultation to assess your fertility and discuss whether egg freezing is appropriate for you. Our team will guide you through the process and help you make an informed decision based on your individual circumstances.