

fertility 
associates



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.

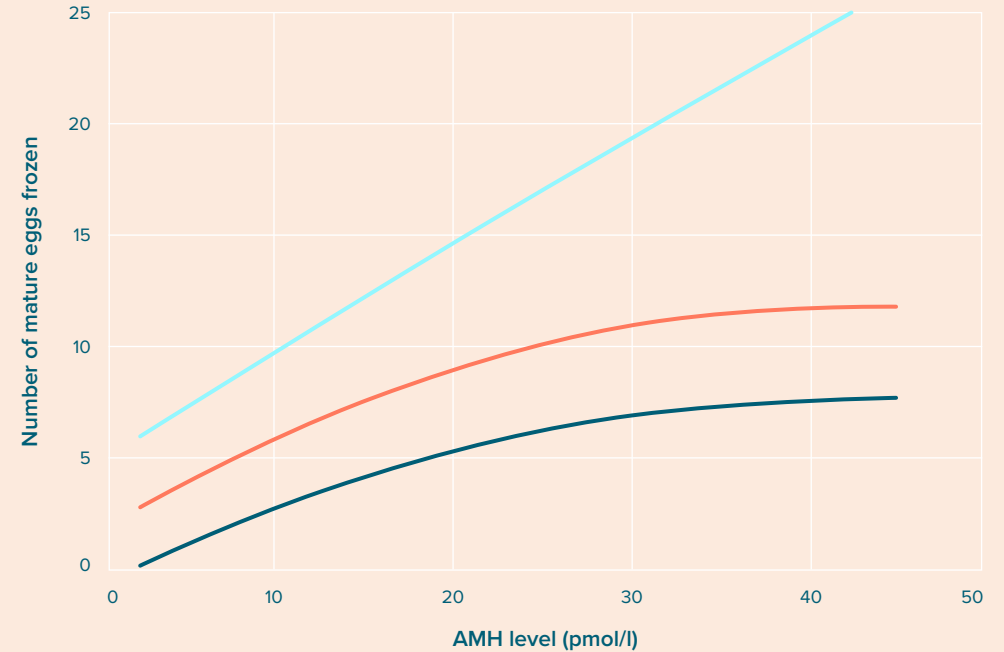
It helps us to understand the number of eggs we might retrieve and the drug doses we need during an IVF cycle. It can also identify women who may experience early menopause, potentially losing their fertility earlier than average. It is NOT a measure of egg quality. Like most fertility tests, an AMH 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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Number of mature eggs to expect based on AMH level



90%	Above the 25th centile	Normal ovarian reserve	90% 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
10%	Below the 10th centile	Likely reduced ovarian reserve	10% 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.

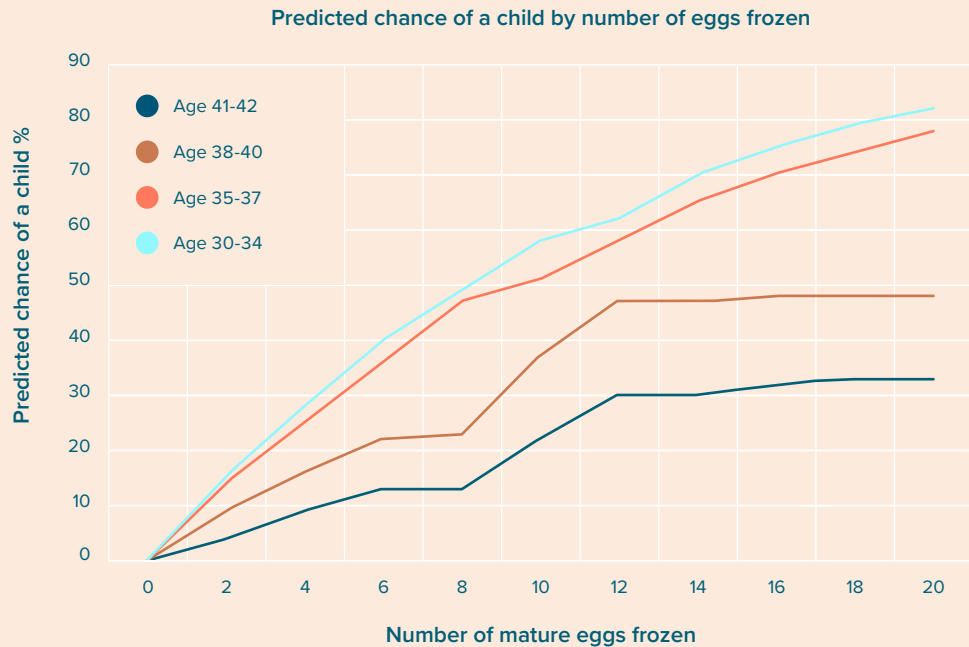


You can read more about the AMH test on the Fertility Associates website

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.



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



You can use the graph on page 3 to see how many eggs you might expect based on your AMH level. The graph on page 4 shows the chance of having a baby for a given number of frozen eggs.

For example:

If you're 32 and freeze **10 eggs**, your chance of having a baby is about **60%**.
If you freeze another **10 eggs**, your chance increases to about **80%**.

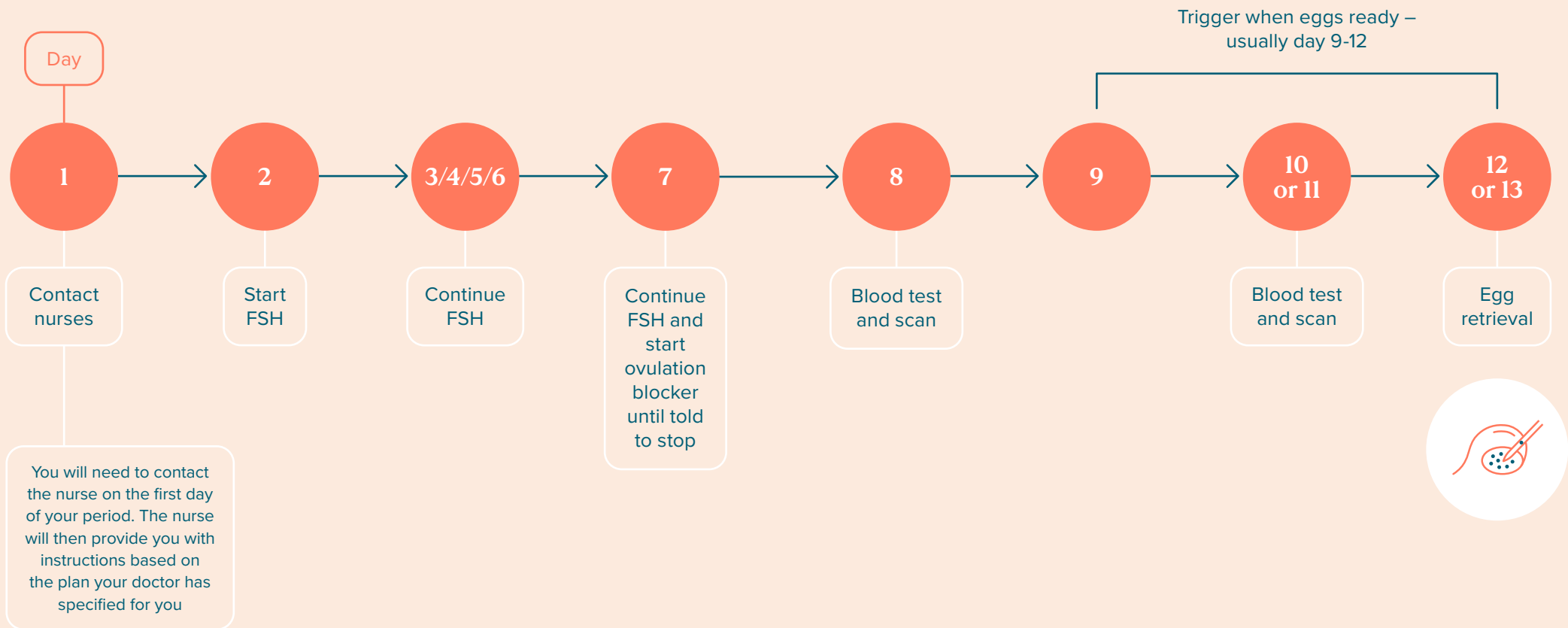
This means that many women may need to plan for more than one egg retrieval, especially if they hope to have more than one child. It's important to freeze more eggs than you need because not all eggs survive the thawing process; and of those that do, not all will fertilise and develop into embryos.



Typical treatment timeline



More IVF information





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