

The right time to try to have a baby depends on your unique circumstances. It's an incredibly personal decision.

You may be single, married, or in a same sex relationship. You might be yet to have your first child, or maybe you have a medical condition that could impair your ability to conceive.

If you're not in a position to try for a baby now, egg freezing may be an option to help preserve your fertility.



## Handy things to know

### EMBRYO FREEZING

If you have a partner, it may be better to freeze embryos than eggs. This means that the eggs are fertilised with sperm before freezing.

### SPERM DONORS

An increasing number of single women are opting for Assisted Reproduction today. Some are looking to have a baby by using a sperm donor and may consider freezing eggs now for donor treatment later. If you are thinking about this, please take into account that there is a wait time to access a clinic-recruited donor. Please ask your medical team for more information.

### FERTILITY FUNDING

Storing eggs or embryos prior to cancer treatment, or other medical procedures that impair fertility, may be publicly funded. This is dependent on whether you have already had a child or not. Check with your specialist to find out whether you may be eligible.

### HOW LONG CAN I STORE MY EGGS FOR?

The Human Assisted Reproductive Technology (HART) Act limits storage of sperm, eggs or embryos to a maximum of ten years. However, you can apply to the Ethics Committee if you wish to extend storage before you reach the ten year limit. We can help you do this.

We will try to contact you each year to see if you still want to store your eggs or embryos. We may discard material if we cannot contact you after two years. Therefore, it's important that you keep us updated of any changes to your contact details and address.



TIME LIMIT FOR STORAGE OF SPERM, EGGS OR EMBRYOS

With over 30 years' experience and over 22,000 babies born so far, we can help you consider the options for preserving your future fertility.



## Contact

To find out more and book your initial consultation with a fertility specialist, visit [fertilityassociates.co.nz](http://fertilityassociates.co.nz) or call 0800 10 28 28.



[fertilityassociates.co.nz](http://fertilityassociates.co.nz)

# Your fertility future



FERTILITY associates | a better understanding  
TE RAUHANGA O TE WHARETANGATA



## Getting started

### TAKING THE FIRST STEP

To get started, we recommend you make an appointment to talk with a fertility specialist.

At this consultation, the specialist will explain options and help you form an initial plan. He or she will also arrange some initial screening tests to assess your fertility.

### THE PROCESS OF EGG FREEZING

Egg freezing involves all the steps of an IVF cycle, up to and including egg collection.

#### Initial Stage – Egg Freezing only:

1. Treatment starts with ovarian stimulation, which uses medication that mimics the body's reproductive hormones to increase the number of eggs available. There are a variety of medications used to do this, and they all work similarly. We'll provide you with our information booklet 'Pathways to a Child' that covers all the steps in more detail.
2. When the eggs have matured, they are collected by a simple medical procedure, and frozen by a method called vitrification.

#### Later Stage – Egg Thaw, Fertilisation and Transfer:

1. When you want to use the eggs, they are thawed, and the IVF cycle continues.
2. We'll add sperm to the eggs to create embryos, transferring the best resulting embryo to your uterus and freezing any extra embryos.



Even if you're uncertain about wanting a family, freezing your eggs today will give you possibilities in the years to come.



## A little biology

### OVARIAN RESERVE AND AGE

- A woman's 'ovarian reserve' – the number of eggs she has left in her ovaries – falls with age.
- Tests of ovarian reserve can be used to predict the number of eggs you are likely to get in an egg freezing cycle.

The most significant factor is the woman's age at the time of egg collection and her ovarian reserve.

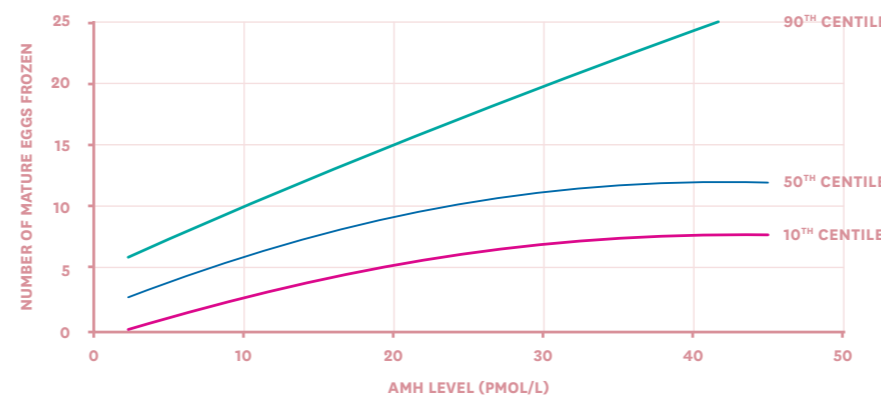
Your fertility expert will explain this in more detail at your initial consultation.

### HOW MANY EGGS CAN I EXPECT?

If you've never had fertility treatment before, your AMH level is the best predictor of how many eggs to expect from a single cycle of egg freezing. Age is much less important.

However, there is still a lot of variation between different women with the same AMH level, and from cycle to cycle in the same woman. We've shown what to expect in the graph below.

Number of Eggs to Expect Based on AMH Level



- The middle line shows the average number of eggs suitable for freezing according to the woman's AMH level.
- The lower line is the 10<sup>th</sup> centile which means 1 in 10 women will get fewer eggs than indicated.
- The upper line is the 90<sup>th</sup> centile which means that 1 in 10 women will get more eggs than the upper line.

### AMH TEST TO MEASURE OVARIAN RESERVE

The Anti-Mullerian Hormone (AMH) test is the best test currently available to estimate ovarian reserve. It can also be used to indicate the possibility of an earlier than average loss of fertility.

For this reason, we offer the AMH test at the first consultation with a fertility specialist.

AMH tests do not show who is more fertile than average, nor do they predict ovarian reserve accurately in women with Polycystic Ovaries (PCOS).

Your family's fertility history, your medical history, your current health and lifestyle, and other factors can also help build a comprehensive picture of your fertility – both now and into the future.



## Statistically speaking

### WHAT ARE MY CHANCES OF HAVING A BABY?

We can't give real-world egg freezing success rates for every combination of age and number of eggs simply because it's a relatively new technique. There is not enough data available at Fertility Associates or internationally.

However, several experts have calculated the probability based on the number of eggs stored and the age of the woman when she stored her eggs. An example is shown below, using data from a scientific publication by Doyle and co-authors in the journal Fertility & Sterility.

### BOOSTING YOUR CHANCES

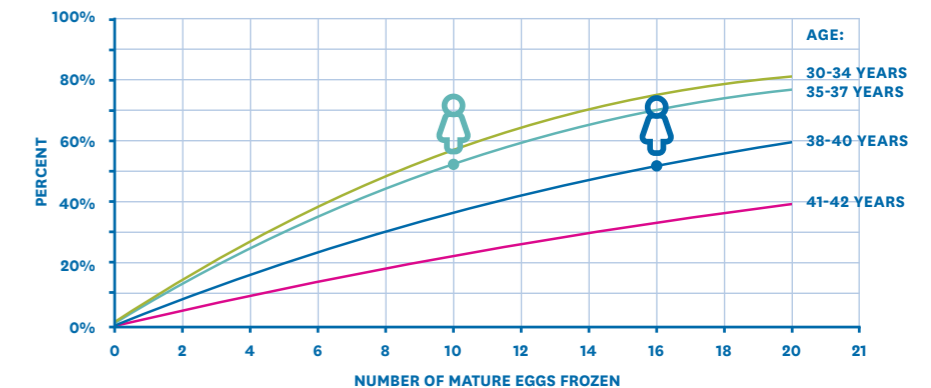
The graph below shows that two things can increase your odds of having a child:

- If you can, freeze your eggs while you are younger.
- If you can, freeze more eggs. The way to do this is to have more than one egg freezing cycle.

For example (according to the graph):

- If you are **36 years**, of age then **10 eggs** will be needed to give you a **50%** chance of having a child.
- If you are **39 years** of age then **16 eggs** will be needed to give you a **50%** of having a child.

Predicted Chance of a Child by Number of Eggs Frozen (from Doyle et al 2016)



To find out more about success rates from IVF treatment please see our latest **Pathways to a Child** booklet or ask our medical team.

### NUMBER OF FROZEN EGGS NEEDED FOR A 50% CHANCE OF HAVING A CHILD



36 YEARS OF AGE



39 YEARS OF AGE