

WHAT IS EGG FREEZING?



It's time to own your fertility. Women are born with all the eggs they will ever have, approximately one to two million eggs at birth. But by the time a girl reaches puberty, only about 300,000 remain. About 500 eggs will be ovulated during a woman's reproductive lifetime and egg quality declines with age, which is why we see infertility, miscarriage, and genetic disorders more often in women over 35 years of age.

Preparing for Motherhood (Someday)

You may think you want to have a baby eventually, just not right now. 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. Because age is the best predictor of egg quality, and thus a healthy pregnancy, it is the age of the eggs that matters most when it comes to your fertility. Your ultimate odds of a successful pregnancy down the road are greater if you are younger when you freeze your eggs.



What to Expect

If you're interested in freezing your eggs, you'll start with an initial consultation with a fertility specialist. The visit will include ovarian reserve tests, including a transvaginal ultrasound and a blood test for anti-mullerian hormone (AMH). In addition to testing ovarian reserve, you may also have other blood work performed, such as genetic 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 8-10 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.

Learn More

You can learn more about this and other treatment options by contacting your Patient Care Advocate (PCA) at your employer's dedicated Progyny phone line or by emailing info@progyny.com.

