kindbody

Egg Freezing

Step by step.



One cycle takes around two weeks, from the day you start medication to your egg retrieval. Two or more cycles may be needed to retrieve enough eggs. Everyone's experience is unique, so the days included below are averages.

Step 1: **Fertility assessment**
A Fertility Specialist will start off with a fertility assessment, which includes an ultrasound of your ovaries, a medical history review and blood work. Your fertility assessment will provide a better sense of your current ovarian reserve.

Step 2: **Personalized plan**
Once your results are returned, a Fertility Specialist will recommend a personalized plan. On day 2, 3, or 4 you will need to schedule a pelvic ultrasound and blood tests. Cycle day #1 is the first day of bleeding, not spotting. These blood tests may include an AMH level and FSH level, which will give us more information about the function of your ovaries. You will also have blood tests for infectious disease and other hormonal levels so that we can make sure you are in the best of health!

Step 3: **Education visit**
Your care team will help you understand how to administer the at-home hormone injections involved in the stimulation process. You'll be given a schedule for your treatment cycle so you can plan ahead.

Step 4: **Stimulation process**
You'll be giving yourself small at-home hormone injections to stimulate your ovaries, so your eggs can grow. Throughout this protocol - usually 8-14 days - you'll come in for regular scans and blood tests to monitor your response to the drugs and adjust your dosage as necessary.

Sample plan: 10 nights of medications

- Day 1: Blood draw + ultrasound
- Day 4: Blood draw + ultrasound
- Day 6: Blood draw + ultrasound
- Day 8: Blood draw + ultrasound
- Day 9: Trigger shot at home

When your hormone levels and follicles are at the right size, you'll be instructed to take a trigger injection, which allows your eggs to complete maturation and start the ovulation process. This happens about 36 hours before your egg retrieval.

Step 5: **Egg retrieval**
You'll be sedated for about 10–15 minutes while a physician collects your eggs. You may be a little sore afterward, but most women resume normal activities the next day. You'll be allowed to take over-the-counter pain medications. Your eggs will be evaluated and cryopreserved by an embryologist.

Step 6: **Post-retrieval phone call**
You will receive a phone call from your care team the day after your egg retrieval to check on you and let you know how many of the retrieved eggs were mature and cryopreserved.