

Egg Freezing Questions to Ask Your Doctor

Going into a fertility consultation can feel overwhelming. Asking the right questions helps you take control of the process and get the clarity you deserve.

Understanding the Process

- How does egg freezing work, step-by-step?
- What is the timeline for the process?
- How many cycles might I need to freeze enough eggs?

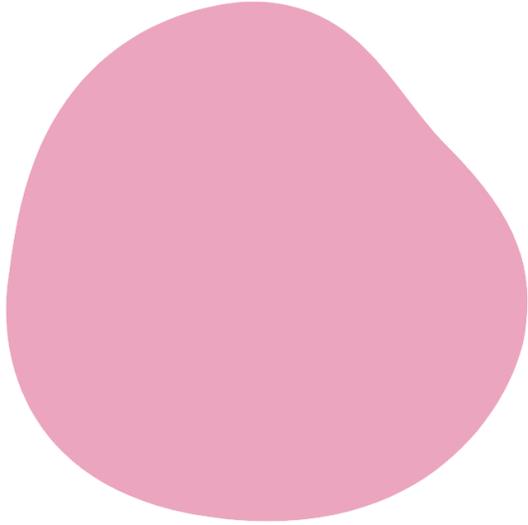
Success Rates & Age

- How does my age affect my egg quality and chances of success?
- What are the success rates for women in my age group?
- How many eggs do I realistically need for a good chance at a future pregnancy?

Health & Safety

- Are there any short and long-term health risks from the procedure?
- What medications will I need to take and what are the side effects?
- Are there any conditions or factors in my medical history that could impact results?
- What support is available for the emotional side of the process?
- How do lifestyle factors (diet, exercise, stress) affect my results?

Costs & Accessibility

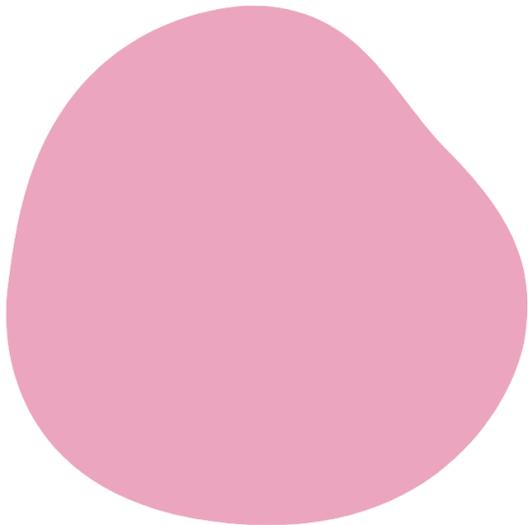
- What are the costs for the full process?
 - Do you offer payment plans or financing options?
 - What are the annual storage fees for frozen eggs?
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Future Planning

- How long can my eggs be stored?
- What are the steps when I want to use my eggs?
- Are there options to transfer my eggs if I change clinics?

Tip: Take this checklist with you to your appointment and take notes during your consultation. Don't be afraid to ask for clarification. This is your journey, and you deserve to feel fully informed.

PreservHer - Supporting women in their fertility journey.



Preparing for Your First Fertility Appointment

What to Bring

- A copy of your medical history, including past surgeries and conditions
- List of current medications and supplements
- Details about your menstrual cycle
- Any past fertility test results or blood work
- Questions you want to ask

What to Expect

- A detailed conversation about your health, family history, and lifestyle
- Possible physical exam and blood tests
- Discussion of fertility preservation options
- An overview of costs, insurance coverage, or payment plans
- Time to ask questions and address your concerns

Questions You May Want to Ask

- How does age affect my fertility?
- What tests will I need and what do they involve?
- What are the next steps if I decide to freeze my eggs?
- What are the risks and side effects of the process?
- How much will it cost and what payment options are available?

Tip: Write down your top three priorities before your appointment so you feel clear and confident when speaking with your doctor.

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Emotional Preparation Checklist: What No One Tells You

Acknowledge Your Feelings

- It's normal to feel anxious, overwhelmed, or uncertain
- Give yourself permission to grieve, hope, or celebrate this choice
- Remember that your emotions are valid and are part of the process

Manage Expectations

- Results may not be immediate or guaranteed
- Your egg count doesn't define your worth or womanhood
- Progress looks different for everyone - avoid comparing your journey to others

Support Systems Matter

- Talk openly with a trusted friend, family member, or partner
- Consider speaking to a counsellor specialising in fertility
- Connect with women who have been through the process

Self-Care During Treatment

- Plan for rest days - the medications and procedures can be physically draining
- Nourish your body with good food, gentle movement, and hydration
- Keep a journal to release emotions and track your journey

Future You Will Thank You

- Remind yourself that you're doing this to give yourself options
- This step is about empowerment and protecting your future choices
- Be proud - it takes strength and foresight to take control of your fertility

Tip: Write down one affirmation you can come back to on harder days - something that reminds you why you started this journey.

Fertility Terms and Acronyms Cheat Sheet

Key Terms and Acronyms

- **EF** - Egg freezing (the process of preserving eggs for future use)
- **ER** - Egg retrieval (procedure where eggs are collected from the ovaries)
- **FSH** - Follicle-Stimulating Hormone (medication that helps eggs grow)
- **AMH** - Anti-Müllerian Hormone (blood test that shows ovarian reserve/egg supply)
- **AFC** - Antral Follicle Count (ultrasound test to measure ovarian reserve)

During Stimulation

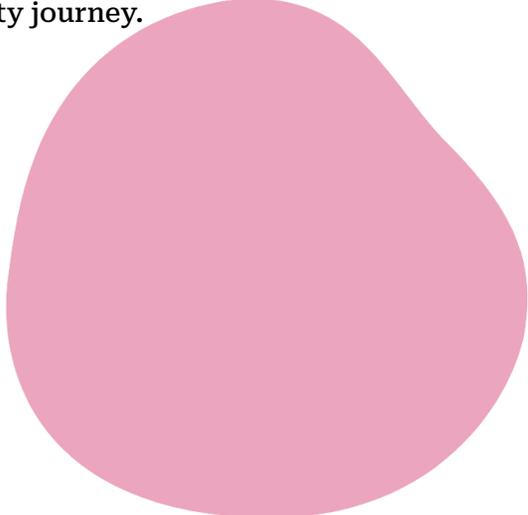
- **Stims** - Fertility medications that stimulate the ovaries to produce eggs
- **US** - Ultrasound (used to monitor follicle growth during stimulation)
- **LH** - Luteinising Hormone (important in triggering ovulation)
- **Trigger Shot** - Injection that matures eggs before retrieval
- **OCP** - Oral Contraceptive Pill (sometimes used before a cycle to regulate timing)

After Retrieval

- **MII** - Metaphase II Eggs (mature eggs suitable for freezing)
- **Cryo** - Cryopreservation (the process of freezing and storing eggs)
- **Storage Fees** - Ongoing cost for keeping eggs frozen each year

Tip: If you hear a new acronym or term during your cycle, ask your doctor or nurse to explain - it's important that you feel clear and informed every step of the way.

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