

repr**o**med

Let's Talk About Egg Freezing



Just because your body is biologically at its peak for conceiving, doesn't mean your mind or life situation is in the same place.

If you would like to have a family one day but are not quite ready due to career, relationship or other reasons then choosing to have your eggs frozen may be an option.

Egg quality declines with age - but frozen eggs don't age. If you need assistance to start a family in the future, using your previously frozen eggs may improve your chances of conceiving.

What is egg freezing?

Egg freezing is a method of preserving and storing your unfertilised eggs. Your eggs are frozen via vitrification. They are stored safely in our lab until you determine if you need to use them.

Eggs frozen via vitrification can be stored indefinitely. It is important to note however that embryos can only be transferred to the person carrying the pregnancy if they are under 52 years of age.



Who should consider egg freezing?

Fertility naturally declines with age making it harder for some women to fall pregnant naturally later in life.

You could consider egg freezing if:

- You are not in a position to have a baby right now but want to keep your options open for fertility in the future
- You have a low ovarian reserve
- Your fertility is at risk from a serious illness such as cancer.

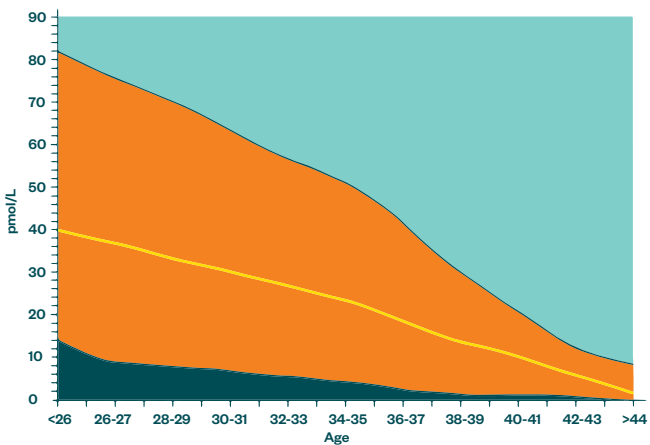
Your Repromed Fertility Doctor will help you to understand the egg freezing process, the risks of treatment and the expected outcomes. To do this, they will recommend an assessment of your ovarian reserve markers via a blood test and a pelvic ultrasound.

Anti-Müllerian Hormone (AMH) is a hormone produced by the follicles in the ovaries and your AMH level is one indicator of your ovarian reserve (quantity of eggs). An AMH test does not predict your ability to conceive but does help you to understand how your body is likely to respond to the medications used to stimulate your ovaries and collect eggs.

With this information, you can make a decision about whether egg freezing is right for you.



Anti-Müllerian Hormone



10th percentile:
Diminished
Ovarian Reserve

90th Percentile:
High Ovarian
Reserve/PCOS

11th- 90th Percentile:
Normal Ovarian
Reserve

Mean

What's involved?

Egg freezing process

Step 1: Investigations and planning

When you see one of our experienced Fertility Doctors, they'll undertake some initial testing to determine whether egg freezing is necessary and the best option for you. These tests may include a pelvic ultrasound and a blood test to measure the levels of Anti-Müllerian Hormone (AMH) in your blood. AMH is an indicator of the number of eggs that remain in your ovaries. Once you have made an informed decision about egg freezing, your Repromed Fertility Doctor will tailor a treatment plan to your individual needs. Before proceeding with treatment, you'll meet with your fertility nurse, the finance team and a counsellor (if required).

Step 2: Stimulation

During every monthly cycle, eggs grow in fluid-filled sacs (called follicles) on the ovaries. Only one egg will mature and be released through ovulation. The rest will be naturally reabsorbed. The egg freezing process helps more eggs to mature.

To do this, you'll take hormone medication for 8 to 14 days to help stimulate your ovaries. Your Repromed Fertility Doctor will discuss the best medications and stimulation techniques for you.

This medication usually takes the form of hormone injections using a tiny needle under the skin. The idea of injecting yourself can feel daunting at first - we completely understand this, that's why one of our Fertility Nurses will take you through the process step-by-step, showing you exactly how and where to give the injections. During the stimulation period, you'll be monitored via blood tests and ultrasound scans. How and where to give the injections. During the stimulation period, you'll be monitored via blood tests and ultrasounds.

Step 3: Egg collection

When your eggs are ready to be collected, you'll have a short day surgery procedure. The procedure is usually carried out under light general aesthetic or sedation. The procedure itself only takes around 10-15 minutes. Afterwards, you'll wake up in recovery, where we'll keep you warm and comfortable. You can usually go home an hour or two later.

During the procedure, a Fertility Doctor will extract the fluid from the follicles on your ovaries (where the eggs grow). This is done under ultrasound guidance through the vagina, so there are no cuts or scars. As with any anaesthetic, you might feel tired or groggy afterwards. Bring a support person along as you won't be able to drive after this procedure this procedure and are recommended to rest for the remainder of the day.

Step 4: Egg freezing

Once your eggs have been collected, they are passed to our scientists. These skilled scientists recover the eggs and identify the mature eggs to be frozen. We only freeze mature eggs - as immature eggs don't create viable pregnancies in the future.

Your eggs are frozen in the lab using a method called vitrification, or snap freezing.

One of our scientists will notify you of the number of eggs that have been successfully frozen. You will also have a follow up appointment with your Repromed Fertility Doctor to discuss your cycle and results.

Step 1

Investigations and planning

- 1.1 Initial consultation with a Repromed Fertility Doctor.
- 1.2 Fertility investigations.
- 1.3 Your Repromed Fertility Doctor will provide a personalised treatment plan suitable for your needs.
- 1.4 Welcome letter and quote issued to patient. Patient meets with Fertility Nurse to go through process & prices.
- 1.5 Meeting with a Fertility Nurse to talk through your specific treatment plan.
- 1.6 Meeting with a member of Repromed's Patient Services team to discuss pricing.

Step 2

Stimulation

- 2.1 Fertility investigations.
- 2.2 Medications including a trigger injection.

Step 3

Egg collection

- 3.1 Egg collection procedure. Eggs are collected cultured and frozen.

Step 4

Egg freezing

- 4.1 Storage of frozen eggs.
- 4.2 You will have ongoing contact with us to extend storage of frozen eggs. (if required)



Why Repromed?

Repromed, part of the Monash IVF Group have been providing leading reproductive care for over 70 years and have delivered over 70,000 babies.

Our team is comprised of fertility doctors, scientists, clinical geneticists, nursing teams, ultrasound technicians, donor and surrogacy coordinators and patient services teams, all of whom are passionate about supporting people throughout their entire fertility journey.

This means that you are choosing an organisation with deep expertise and experience in not only egg freezing but all things fertility. If we do happen to discover any other underlying medical conditions impacting your fertility, we can offer holistic, integrated care from genetic testing to counselling, all the way through to fertility treatment options and even ultrasound services. So we're with you every step of the way.

Learn more about us and the services we provide at **repromed.com.au**

Costs

There are four main costs associated with egg freezing.

- 1. Cycle fee.** Repromed's elective egg freezing cycle fees vary by state. You can speak to our New Patient Co-ordinators and they'll be able to provide you with local costs. We also offer flexible payment plans to help you manage the cost through Zip Money and TLC. Both services allow you to access treatment straight away with no payment required up front..
- 2. Medication.** Hormone medication is required to stimulate the ovaries during an egg freezing cycle. The cost of medication can vary greatly depending on your personalised treatment plan.
- 3. Day Surgery and anaesthetic fee.** We recommend you check with your health fund before your egg collection to be assured that you are covered and if an excess applies.
- 4. Ongoing storage fees.** Once your eggs are frozen, they will be safely stored with Repromed until you decide to use, donate or discard them. At Repromed, the first 6 months of storage is free. After that there is an ongoing fee every 6 months.

Medical egg freezing patients

In Australia, Medicare provides a rebate for egg freezing if there is a medical need for the treatment. For many people that come to us for egg freezing, it is the first time they have had their fertility investigated. During the initial testing, our doctors may discover underlying medical conditions which may impact your fertility, meaning freezing your eggs may be required for medical reasons not an elective one.

When this happens, you would be eligible for a Medicare rebate that will significantly reduce your overall out-of-pocket costs.

While there is no Medicare rebate for ongoing storage fees, Repromed offers bulk billed cycles to patients undergoing oncology treatment as well as 5 years free storage.



Success rates

Each person's response to the follicle stimulating hormone varies. At Repromed we would expect the following as a guideline:

- Approximately 90% of eggs will survive the freeze-thaw process.
- Approximately 70% of eggs injected with sperm will successfully fertilise and form an early embryo.
- Approximately 40% of fertilised eggs will develop into high quality embryos.

The number of frozen eggs required to give a realistic chance of at least one live birth in the future varies with age. Your Repromed Fertility Doctor will discuss this in detail with you. For some patients, more than one cycle of egg freezing may be required to reach their ideal or desired egg number.

More information

For more information about the egg freezing process, including frequently asked questions, scan the QR code here. If you would like to discuss your specific circumstances please feel free to contact our team for a free nurse chat. To contact our South Australian team please call **08 8333 8111** or if in the Northern Territory please call **08 8945 4211**.



South Australia

Full Service Location

Repromed Dulwich

180 Fullarton Rd, Dulwich,
South Australia 5065

T: 08 8333 8111



Consulting Locations

Adelaide Hills

(Mount Barker)

Adelaide Hills O&G,
89 Wellington Rd, Mt Barker,
South Australia 5251

T: 08 8333 8111

Mawson Lakes

8b Light Common,
Mawson Lakes,
South Australia 5095

T: 08 8333 8111

Morphett Vale

Southern Specialist Centre,
233 Main South Rd,
South Australia 5162

T: 08 8333 8111

Mount Barker

Summit Health Centre,
85 Wellington Rd, Mt Barker,
South Australia 5251

T: 08 8333 8111

Mount Gambier

18-20 Sturt St, Mt Gambier,
South Australia 5290

T: 08 8333 8111

Port Lincoln

The Investigator Clinic,
86 Liverpool St, Pt Lincoln,
South Australia 5606

T: 08 8333 8111

Northern Territory

Full Service Location

Darwin

Harry's Place
Administration Building,
1 Willeroo St, Tiwi,
Northern Territory 0810

T: 08 8333 8111

Consulting Locations

Alice Springs

Bath St Family Medical Centre,
69 Bath St, Alice Springs,
Northern Territory 0870

T: 08 8333 8111