

## Egg Freezing Timeline & Process:

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## Egg Freezing Timeline

After completing an initial consultation with “Dr. Robin” (Robin L. Poe-Zeigler, MD, FACOG), as well as the ovarian reserve testing (an ultrasound and blood tests), our nursing team and Dr. Robin will work with you to determine the optimal time for you to begin your Egg Freezing Cycle. The process includes the following 5 steps:

- 1. Birth Control: 2-3 Weeks**

Birth control pills are used to help with scheduling flexibility. They allow us to manipulate your menstrual cycle, to coordinate your ovarian stimulation and egg retrieval dates, ensuring they fall within the selected ART Series dates.

- 2. Ovarian Stimulation (10-12 days) and Monitoring Appointments**

When, your menstrual cycle starts (or) after stopping the birth control pills, you’ll start daily injections of fertility medications. The goal of these medications is to stimulate the growth and development of a large number of eggs to be retrieved and frozen. During this time, you will come to the center for regular monitoring appointments, which include bloodwork and an ultrasound. These procedures are performed to monitor your ovaries response to the medication, and to make any necessary medication dosing adjustments. Each of these appointments take ~30minutes, and may be scheduled starting as early as 6:30 AM, in an effort to assist those patients needing to get to work. Because the ovaries will have multiple growing follicles, some patients experience mild bloating and slight abdominal discomfort.

- 3. The Trigger Injection**

Once, the majority of your follicles measure 16-20mm, you will receive instructions for taking a “trigger” injection. This trigger injection helps finalize the maturation process of the eggs, so they will release more easily at the time of the egg retrieval. This injection is “precisely timed” according to the time of your egg retrieval procedure.

- 4. Egg Retrieval**

Two days following the trigger injection, you will arrive at the New Hope Center for your egg retrieval. The egg retrieval is performed trans-vaginally, and occurs while you are under IV sedation, so you’re asleep and pain-free.

Even though the procedure is relatively quick, because of the anesthesia, you must have someone available to drive you home. This is the only day you will miss work during the cycle.

#### 5. Egg Freezing

Once, the eggs are retrieved, the Embryologist evaluates them under a microscope in the laboratory, to determine which are mature. Only mature eggs are frozen (vitrified) and stored. Eggs are frozen using an ultra-rapid cooling process called vitrification. The eggs are placed in small vials, vitrified and then stored in a cryo tank that is filled (and maintained) with liquid nitrogen. You will be contacted the day following your egg retrieval procedure, and informed of the number of eggs that were frozen. You can anticipate your menses to begin, about two weeks after the egg retrieval procedure.

The number of egg freezing cycles needed to reach the recommended number of eggs, depends greatly on the patient's ovarian reserve and age. The average number of cycles needed is two. Keep in mind, when a couple is trying to conceive on their own, not every egg results in a pregnancy, and the same applies to freezing of eggs - not every egg will fertilize and result in an embryo once it is thawed. To provide you with their best chance to have multiple attempts to conceive, we recommend the following as a guideline for the number of eggs to freeze:

- Women 37 years (or younger), with excellent ovarian reserve function - 15 to 20 mature eggs.
- Women over 38 years, or any age - with a diminished ovarian reserve function - 25 to 30 mature eggs.

*If you're ready to take control of your biological clock, and freeze your eggs for the future, The New Hope Center for Reproductive Medicine is ready to help you do it!*

You can visit The New Hope Center online at: [www.TheNewHopeCenter.com](http://www.TheNewHopeCenter.com) or contact us by phone at: (757)496-5370 or Email: [NewHope@thenewhopecenter.com](mailto:NewHope@thenewhopecenter.com)

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