



FAQ

Q: Is egg freezing safe?

A: Egg freezing is generally safe and does not have long-term side effects. Risks such as infection and bleeding during the procedure are uncommon. In recent years, with improvements in ovarian stimulation protocols, the chances of severe ovarian hyperstimulation syndrome (OHSS) are also low.

Q: Does egg freezing affect the quality of eggs?

A: In recent years, vitrification technology has greatly improved the survival rate of eggs. Currently, the survival rate of thawed frozen eggs is over 80%^[1]. Recent research shows that the fertilisation rates of thawed frozen eggs are comparable to fresh eggs^[4].

Q: How long does the process of egg freezing take?

A: The entire process takes about 2-3 weeks, depending on how the ovaries respond to the medications.

Q: How long can the frozen eggs be stored?

A: In Hong Kong, eggs can be stored for up to 10 years. For women who have been diagnosed with cancer or other medical conditions that need to undergo treatments that may negatively impact their fertility, eggs can be stored for up to 10 years or until the patient reaches the age of 55, whichever is later^[5].

Q: Is the egg collection procedure painful?

A: The egg collection procedure is usually performed under monitored anesthesia, so you won't feel any pain. After the surgery, there may be mild abdominal discomfort for a few days, which can be relieved with pain medication.


Reference:

4. Mature oocyte cryopreservation: a guideline. Practice Committees of American Society for Reproductive Medicine, Society for Assisted Reproductive Technology. Fertil. Steril. 2013 Jan;99(1):37-43.
5. Council on Human Reproductive Technology (January 2013)
《 Code of Practice on Reproductive Technology and Embryo Research 》


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EGG Freezing

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What is Egg Freezing?

Patient Journey of Egg Freezing Treatment:

1. Initial Consultation
2. Counselling
3. Hormonal Stimulation (around 10-14 days)
4. Monitoring the Maturation of Follicles by Ultrasound (around 3-5 times)
5. Egg Collection
6. Oocyte Freezing (by vitrification)

Egg Freezing

Egg Freezing is one of the methods of fertility preservation, retrieving eggs from the ovaries and freezing them for later use.

Egg Freezing is suitable for the following individuals and situations:

1. Women who wish to delay childbearing due to personal or professional reasons, such as pursuing education or career goals, or waiting for the right partner.
2. Women who are diagnosed with a medical condition that could affect fertility and the quality and quantity of eggs, such as known ovarian dysfunction, family history of premature ovarian failure, history of ovarian surgery (especially for ovarian cysts), etc.
3. For women who need to go through medical treatments that can potentially affect reproductive ability, e.g. chemotherapy, radiotherapy and gynaecological surgery.

Success rate of Egg Freezing

In recent years, vitrification technology has greatly improved the survival rate of eggs. Currently, the survival rate of thawed frozen eggs is over 80% [1].



For women aged 35 or below, the chance of successful pregnancy and live birth is around 70% if they freeze 10 eggs. The chances of successful pregnancy and live birth can be increased to around 90% if they freeze 20 eggs [2-3].

For women aged 40, the chance of successful pregnancy and live birth is around 30% if they freeze 10 eggs. The chances of successful pregnancy and live birth can be increased to around 50% if they freeze 20 eggs [2-3].

Points-to-note for Egg Freezing:

- 1. Health Check**
Before egg freezing, doctors will perform health checks which may include blood tests, ultrasound examinations, and other assessments.
- 2. Ovarian Stimulation**
According to the doctor's instructions, medications such as follicle-stimulating hormone (FSH) are used to stimulate the ovaries to produce multiple eggs.
- 3. Diet and Lifestyle**
Women should maintain a healthy diet and lifestyle, such as engaging in moderate exercise, having a balanced diet, avoiding alcohol and smoking. If there is a need to take Chinese medicine, please consult a doctor before doing so.
- 4. Finalising the freezing plan**
Doctors will determine the egg freezing plan and schedule based on the woman's examination results and individual circumstances. This includes determining when to start ovarian stimulation, egg collection, and the subsequent freezing process.
- 5. Risks and limitations**
Women need to understand the risks and limitations associated with egg freezing, including ovarian hyperstimulation syndrome (OHSS), the risks of egg collection, and the success rates of egg freezing.

Reference:

1. Oocyte vitrification as an efficient option for elective fertility preservation. Fertil Steril. 2016 Mar;105(3):755-764.e8.
2. Predicting the Likelihood of Live Birth in Assisted Reproductive Technology According to the Number of Oocytes Retrieved and Female Age Using a Generalized Additive Model: A Retrospective Cohort Analysis of 17,948 Cycles. Front Endocrinol (Lausanne). 2021 Apr 30;12:606231.
3. Predicting the likelihood of live birth for elective oocyte cryopreservation: A counseling tool for physicians and patients. Human Reproduction, Volume 32, Issue 4, April 2017, Pages 853-859

