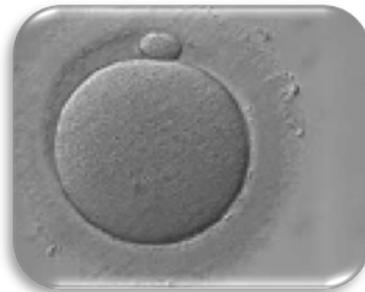


Information on Egg Freezing

What to Expect on The Day of Egg Retrieval:

You will be “triggered” for your egg retrieval based on the size of your largest follicles, normally when 2-3 follicles have reached 17 – 18 mm or larger. There will be a mixture of mature and immature eggs retrieved, but only those that are mature (MII stage) will be frozen. You will receive a call from the lab in the afternoon on the day of the egg retrieval, to let you know how many eggs were frozen.



MI I Stage (Mature Egg)

How Long Can My Eggs Remain Frozen?

Your eggs will be stored in liquid nitrogen, at a temperature of -196 Celsius. Current literature shows that there is no detrimental effect to the eggs or resulting embryos when they are stored for long periods. Long-term storage of frozen eggs does not result in any decrease in quality. Current Canadian guidelines stipulate that we can transfer embryos into women up to age of 50 years.

Will Frozen Eggs Have Any Effect on my Future Child?

A study of over 900 babies born from eggs which had been frozen showed no increase in congenital anomalies. There was no increase in fetal malformations or pregnancy complications (e.g. gestational diabetes, preterm birth) when compared to naturally conceived pregnancies. (Noyes et al., 2009). Goldman et al. (2015) demonstrated equivalent rates of euploidy, implantation, and live birth from long-term frozen eggs.

What Happens When I Want to Thaw My Eggs?

When you are ready for treatment, call PCRM to arrange a consultation with one of our physicians, who will guide you through the process of having your eggs thawed and made into embryos. Our lab can thaw a specific number, or all, of your eggs based on the number you have available. The normal survival rate for frozen eggs is 75-80%. On the day of the egg thaw, we will require a sperm sample (either from your partner or donor sperm) to make the embryos. Intracytoplasmic injection (ICSI) is required to fertilize eggs that have previously been frozen. We then grow the resulting embryos for five days until they reach blastocyst stage. The best quality blastocyst will be chosen for your transfer, and surplus good quality blastocysts can be frozen and stored.

How Many Eggs Should I Freeze to Get The Best Chance At Pregnancy?

The more eggs you freeze, the higher the chance that they will work for you in the future, as illustrated in the table below. Doyle et al., (2016) calculated estimated percentage chances of success with age.

| Age/Eggs | 30–34 years old | 35–37 years old | 38–40 years old | 41–42 years old |
|---------------|-----------------|-----------------|-----------------|-----------------|
| 5 to 10 eggs | 40 - 60% | 30 - 50% | 20 - 35% | 10 - 20% |
| 10 to 15 eggs | 60 - 70% | 50 - 65% | 35 - 50% | 20 - 30% |
| 15 to 20 eggs | 70 - 80% | 65 - 75% | 50 - 60% | 30 - 38% |

A recent study (Doyle et al., 2016) compared live birth rates from frozen eggs with those from IVF cycles using fresh eggs and found that the overall live birth rates were similar (39% versus 35%). This means that freezing eggs does not compromise their quality or their ability to result in a live birth.

For more information, please visit our website <https://pacificfertility.ca/>

