



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.

Although eggs frozen via vitrification can be stored indefinitely, in some states you will need to re-consent after the first 10 years. It is also important to note that embryos can only be transferred to the person carrying the pregnancy if they are under 52 years of age in Victoria and Queensland and under 53 years in New South Wales.



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.

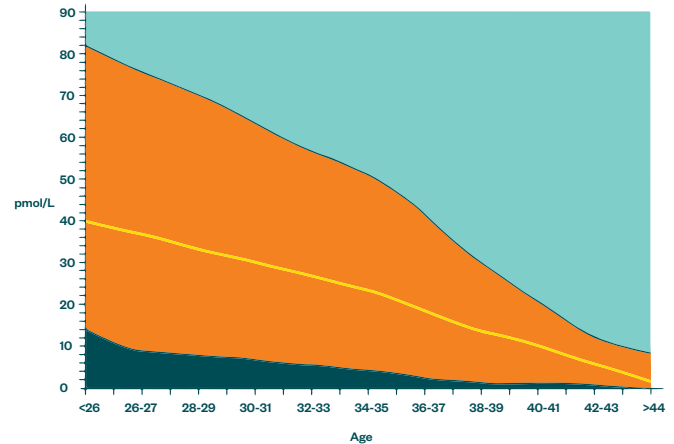
Your Monash IVF fertility specialist will help you to understand the egg freezing process, the risks of treatment and the expected outcomes. To do this, they will recommend an assessment of your ovarian reserve markers with a blood test and ultrasound.

Antimüllerian 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). These tests do not predict your ability to conceive but do help you to understand how your body is likely to respond to the medicines 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

11th - 90th Percentile: Normal Ovarian Reserve

90th Percentile: High Ovarian Reserve/PCOS

Mean

What's involved?

Egg freezing process

Step 1: Investigations and planning

When you see one of our experienced fertility specialists, 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 or a blood test to measure the levels of Antimüllerian 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 specialist 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 fertility specialist 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 your fertility nurse 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 ultrasounds.

Step 3: Egg collection

When your eggs are ready to be collected, you'll visit the hospital or one of our day surgeries for a short procedure. You'll be asleep, so you won't feel a thing. 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, your fertility specialist 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.

Step 4: Egg freezing

Once your eggs have been collected, your fertility specialist and theatre team passes them directly to our scientists. These skilled scientists recover the eggs and identify the mature eggs to be frozen. We only freeze mature eggs - immature eggs are not viable to create embryos in the future.

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

You will be advised by a member of our team regarding the number of eggs that have been successfully frozen.

Step 1

Investigations and planning

- 1.1 Make an appointment for an initial consultation with a Monash IVF specialist.
- 1.2 Fertility investigations.
- 1.3 Follow up appointment with Monash IVF specialist to prepare and discuss personalised treatment plan.
- 1.4 Patient has contact with nursing and billing to discuss process & cost.
- 1.5 Counselling appointment (if required)

Step 2 (if required)

Stimulation

- 2.1 Baseline blood test (Day 1-2 of cycle).
- 2.2 Cycle monitoring (Day 6 onwards).
- 2.3 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 Ongoing contact with patient to extend storage of frozen eggs.



Why Monash IVF?

Monash IVF have been providing leading reproductive care for 50 years and have delivered over 50,000 babies. Our team is comprised of experienced fertility specialists, clinical geneticists, counsellors, scientists, obstetricians, gynaecologists, ultrasound technicians, donor and surrogacy experts and nursing 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 monashivf.com



Costs*

There are four main costs associated with egg freezing.

- 1. Cycle fee.** Monash IVF's fee per elective egg freezing cycle is \$5,075. At Monash IVF, we are also able to offer flexible payment plans to help you manage the cost through Zip Money. Zip Money allows you to access treatment straight away with no payment required upfront. Patients apply directly to Zip Money for a 24 or 36 interest free[^] payment plan. To find out more about Zip Money at Monash IVF, please visit monashivf.com/zip
- 2. Medication.** Hormone medication is required to stimulate the ovaries during an egg freezing cycle. The cost of medication depends on the person and can vary greatly depending on your personalised treatment plan.
- 3. Hospital and anaesthetic fee.** For an egg collection procedure, there is a cost for the day hospital bed and the anaesthetic. The cost varies depending on where you have your egg collection.
- 4. Ongoing storage fees.** Once your eggs are frozen, they need to be stored with your fertility provider until you decide to use, donate or discard them. At Monash IVF, the first 6 months of storage is free. After that it's a \$275 fee every 6 months.

Medical 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. Often during the initial testing, our doctors discover underlying medical conditions which may impact fertility, meaning that freezing eggs is for a medical reason, 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.

For patients preserving their eggs due to reasons such as cancer or genetic testing, the Australian Government has a storage funding program in place to assist patients with the cost of cryopreservation. Please contact your Monash IVF clinic to find out more about this program.



Success rates

At Monash IVF, we would expect that:

- Approximately 85-90% of eggs will survive the freeze-thaw process.
- There is approximately a 50-70% chance of fertilising the eggs with sperm.
- Approximately 40% of fertilised eggs will develop into mature 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 fertility specialist will discuss this in detail with you in preparation for egg freezing. For some patients, more than one cycle of egg freezing may be required to reach their ideal or desired egg number.

[^]Available to Zip Money approved applicants only. Maximum amount that can be borrowed is \$15,000 – inclusive of the \$6 monthly account fee and \$99 establishment fee. The repayment amount advertised may not repay the balance within the interest free period. Minimum monthly payments required. Any balance outstanding at the expiry of the interest free period will be charged interest by Zip Money at the standard annual percentage rate, currently 19.9%

*Prices correct as at January 2024. Prices subject to change.

Victoria

Monash IVF Cremorne

Level 1, 510 Church St
Cremorne 3121

T: 03 9420 8200

Monash IVF Clayton

Monash Surgical Private
Hospital Suite 1, 252 -
256 Clayton Road,
Clayton 3168

T: 03 9590 8300

Monash IVF Sunshine

Sunshine Private Ground
Floor, Suite 1,
147 Furlong Road,
St Albans 3021

T: 03 9420 8292

Monash IVF Bendigo

Bendigo Day Surgery,
1 Chum Street,
Bendigo 3550

T: 03 9590 8300

Monash IVF Geelong

Geelong Private Medical
Centre Level 2,
73-79 Little Ryrrie Street,
Geelong 3220

T: 03 5222 8599

Monash IVF Sale

Central Gippsland Health
Service,
155 Guthridge Parade,
Sale 3850

T: 03 9420 8200

Monash IVF Mildura

190-192 Ontario Avenue,
Mildura 3500

T: 03 9420 8200

New South Wales

Monash IVF Sydney CBD

Level 10, 207 Kent Street,
Sydney 2000

T: 02 9154 1130

Monash IVF Bondi Junction

Level 26, Westfield Tower 1,
520 Oxford Street,
Bondi Junction 2022

T: 02 9389 1177

Monash IVF Parramatta

Level 2, 1 Fennell Street,
Parramatta 2151

T: 02 9890 9022

Monash IVF Penrith

Level 3, Somerset Specialist
Centre,
Corner of Derby Street
and Somerset Street,
Kingswood 2747

T: 02 9154 1155

Monash IVF Albury

Level 2, The Gardens
Medical Centre
470 Wodonga Place
Albury 2640

T: 1800 628 533

Monash IVF Wagga Wagga

Wagga Wagga Specialist
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327 Edward Street,
Wagga Wagga 2650

T: 1800 628 533

Queensland

Monash IVF Brisbane

Level 1, 55 Little Edward
Street

Leichhardt Court
Spring Hill 4000

T: 07 3069 9600

Monash IVF Gold Coast

Level 1, 7 Short Street
Southport 4215

T: 07 5519 1600

Monash IVF Cairns

Cairns Central Plaza
60/58-62 McLeod St
Cairns City QLD 4870

T: 07 4040 6888

Monash IVF Rockhampton

293 Campbell Street
Rockhampton 4700

T: 07 4921 2022

Monash IVF Townsville

10 Martinez Avenue, West
End,
Townsville 4810

T: 07 4779 0389

Western Australia

Monash IVF

West Leederville

166-168 Cambridge St
West Leederville 6007

T: 08 9422 5400

More information

If you would like a complimentary no obligations chat with one of our Nurse Enquiry Team, call 1800 628 533 (free call).

