



kindbody

# egg freezing: step-by-step

One egg freezing cycle takes around two weeks from the day you start medication to your egg retrieval. It's important to note that two or more cycles may be needed for enough eggs to be retrieved. Since everyone's individual experience is unique, the specific days included below are averages.

## step 1: Fertility assessment

To help you make a more informed decision about whether to freeze your eggs, a Fertility Specialist will start off with a fertility assessment, which includes an ultrasound of your ovaries, a medical history review and blood work. Your fertility assessment will provide a better sense of your current ovarian reserve.

## step 2: Personalized plan

Once your results are returned, a Fertility Specialist will recommend a personalized plan. On day **2, 3, or 4** you will need to schedule a pelvic ultrasound and blood tests. **Cycle day #1** is the first day of bleeding, not spotting. These blood tests may include an AMH level and FSH level, which will give us more information about the function of your ovaries. You will also have blood tests for infectious disease and other hormonal levels so that we can make sure you are in the best of health!

## step 3: Education visit

Your fertility care team will help you understand how to administer the at-home hormone injections involved in the stimulation process. You will be given a schedule for your treatment cycle so that you can plan ahead.

## step 4: Stimulation process

You'll be giving yourself small at-home hormone injections to stimulate your ovaries, so your eggs can grow. Throughout this protocol - usually 8-14 days - you'll come in for regular scans and blood tests to monitor your response to the drugs and adjust your dosage as necessary.

**Sample plan:** 10 nights of medications

**Day 1:** Blood draw + ultrasound

**Day 4:** Blood draw + ultrasound

**Day 6:** Blood draw + ultrasound

**Day 8:** Blood draw + ultrasound

**Day 9:** Trigger shot @ home

When your hormones levels and follicles are at the right size, you will be instructed to take a trigger injection, which allows your eggs to complete maturation and start the ovulation process. This happens about 36 hours before your egg retrieval.

## step 5: Egg retrieval

You'll be sedated for about 10-15 minutes while a physician collects your eggs. You may be a little sore afterward, but the majority of women resume normal activities the next day. You will be allowed to take over-the-counter pain medications. Your retrieved eggs will be evaluated and cryopreserved by an embryologist the same day.

## step 6: Post retrieval phone call

You will receive a phone call from the Kindbody clinical team the day after your egg retrieval to check on you, letting you know how many of the retrieved eggs were mature and frozen.