



# Is egg freezing right for me?

## Patient Information

### Summary of egg freezing

Egg freezing lets you collect and store your eggs for future use. It can help you protect your fertility and choose when the time feels right to try for a pregnancy.

### Who is egg freezing suitable for?

[Egg freezing](#) may be suitable for women and people with ovaries who want to [preserve their fertility](#) for the future or before medical treatment that could affect their reproductive health. It can also help if you are not yet ready to start a family but want to keep that option open.

You may consider egg freezing if:

- You're undergoing medical treatment, such as chemotherapy or surgery, that may affect [your fertility](#)
- You have a family history of early menopause
- You have recurrent ovarian cysts or [endometriosis](#)
- You want to delay pregnancy for personal or professional reasons
- You're not in a relationship and want to have a family in the future
- You're transgender and planning gender-affirming treatment that may affect fertility

A fertility specialist will discuss your circumstances, explain your options and confirm whether egg freezing is the most appropriate approach for you.

### The egg freezing process step-by-step

Egg freezing involves several carefully planned stages designed to protect and preserve your fertility for the future. Your specialist will explain each step clearly and ensure you feel supported throughout your treatment.

The egg freezing process includes:



- **Ovarian stimulation** – medication is used to stimulate your ovaries so that multiple mature eggs can develop
- **Monitoring** – ultrasound scans and blood tests are carried out to track your body's response and adjust medication if needed

**Trigger injection** – a final timed injection helps your eggs mature in preparation for collection

**Egg collection** – eggs are retrieved during a short procedure under sedation using a fine needle guided by ultrasound. Most people go home the same day

- **Freezing ('vitrification')** – mature eggs are frozen quickly using a method that prevents ice crystals from forming inside the egg, helping to protect egg quality for future use
- **Storage and consent** – your frozen eggs are safely stored. In the UK, eggs can usually be kept for up to 55 years, with consent renewed every 10 years
- **Future use** – when you decide the time is right, your eggs can be thawed and fertilised in the laboratory, using [intracytoplasmic sperm injection \(ICSI\)](#), before transferring an embryo to the womb as part of an [in vitro fertilisation \(IVF\)](#) cycle

Every egg freezing [journey](#) is unique, and your fertility specialist will tailor your treatment plan to your individual needs and future goals.

## Egg freezing results

Egg freezing is a reliable and well-established method of fertility preservation. [Success rates](#) are influenced by different factors such as your age when the eggs are frozen, the number of eggs collected and egg quality.

At [BCRM](#), we use advanced vitrification techniques that maximise egg survival when thawed. The highest success rates are typically seen when eggs are frozen before the age of 35, because egg quality naturally declines over time.

Not every frozen egg will lead to a pregnancy. Even so, egg freezing can offer a sense of choice and control over when you try for a family. Your specialist will discuss your likely success rates and individual outlook in detail during your consultation.

## Risks to consider with egg freezing

Egg freezing is a safe and widely used procedure, but as with all medical treatments, there are some possible risks to consider, including:

- **Ovarian hyperstimulation syndrome (OHSS)** – in rare cases, the medication used to stimulate your ovaries can cause them to over-respond, leading to bloating or discomfort. Your treatment will be closely monitored to minimise this risk
- **Procedure-related risks** – egg collection is generally safe, but as with any procedure involving sedation and a needle, there is a small risk of infection, bleeding or injury to nearby organs
- **Egg quality and age** – egg quality naturally declines with age. Freezing eggs at a younger age generally offers a higher chance of success in the future

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- **Future pregnancy outcomes** – while egg freezing helps preserve your fertility for the future, not every egg will lead to a pregnancy. Your specialist will discuss your likely success rates and how factors such as age and egg quality can influence results

Your fertility specialist will explain these risks in detail and ensure you have all the information you need before making a decision.

## Pregnancy outcomes

Egg freezing has been used for many years and has led to the birth of thousands of healthy babies worldwide. Most studies show that pregnancies and babies conceived using frozen eggs have similar outcomes to those conceived through traditional IVF.

Your specialist will discuss your personal health factors and what to expect if you decide to use your frozen eggs in future [fertility treatment](#).

## Still unsure if egg freezing is right for you?

Deciding whether to freeze your eggs is a personal choice that depends on your circumstances, priorities and future plans. It's normal to have questions or mixed feelings about the process.

[Our friendly team](#) at BCRM is here to guide you. We'll take the time to explain what egg freezing involves, what it can offer you and what its limitations are. You'll have the opportunity to discuss your individual situation, ask questions and explore all your fertility options before deciding.

If you're unsure whether egg freezing is right for you, [contact our team](#). We'll help you make an informed decision with confidence and provide the compassionate support you need along the way



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