

DON'T FREEZE-UP. JUST ASK!



If you've just started to consider egg freezing, it might be tough to know where to begin. Don't worry, we're here to help you get started with the first step—talking to your doctor (reproductive endocrinologist).

HERE ARE SOME KEY QUESTIONS TO ASK, SO THAT YOU CAN MAKE AN INFORMED DECISION THAT FITS YOUR WANTS, NEEDS, AND TIMING.

Can you walk me through your clinic's typical egg freezing process? What should I expect from start to finish, including the timeline and any necessary preparations I'll need to make?

What are the potential risks or side effects? How might this affect my life now or in the future?

How successful is egg freezing for someone my age? Does my age impact the quality and viability of my eggs?

What is the cost of freezing my eggs, and are there any additional fees I should be aware of? Could you break down the total cost, including medications, storage, or anything extra? Will it be covered by my insurance?

How long can eggs be frozen without impacting their viability? What are my options for storage?

What should I expect during hormone treatments and egg retrieval? How might I feel physically and emotionally, and what can I do to manage any symptoms?

Should I make any lifestyle changes before, during, or after the procedure? Is there anything I should do differently with my diet, exercise, or overall health?

What happens when I'm ready to use my frozen eggs? What is the process for thawing and using them, and what are the chances of success when I'm ready to conceive?