



The Centre for Reproductive
& Genetic Health

your guide to
**egg
freezing**

Clinical excellence &
bespoke fertility care

Egg freezing

The Centre for Reproductive & Genetic Health (CRGH) uses a new freezing technique called **vitrification**. In order to freeze an egg, water must first be removed from the egg. In the past, this proved to be challenging using the 'slow freezing' technique (now out-dated) as it was common for ice crystals to form inside the egg. The new vitrification technique removes water from the egg more rapidly and thoroughly. In addition, the rapid freezing rate (-23,000°C per minute) prevents damage by reducing ice crystal formation within the egg.

Vitrification offers a very high survival rate for eggs following warming of around 80%-90%¹ (compared to approximately 50%² using the 'slow-freezing' technique). Not only are vitrified eggs more likely to survive the warming process, they are also more likely to develop into a healthy embryo, optimising the chance of pregnancy.



What are the advantages of egg freezing?

Fertility preservation – Medical:

Some of our patients wish to preserve their fertility due to medical conditions, such as cancer patients who are planning to undergo chemotherapy, or women who are at risk of early menopause.

Fertility preservation - Social:

Eggs 'age' in that they deteriorate in quantity and quality as a woman grows older. This is the predominant factor that governs the fertility of a woman.

Frozen eggs remain the same biological age that they were frozen at. For example, a woman who freezes her eggs at 30 and uses them for treatment at 40 is using the eggs of a 30-year-old. This means that she has a higher chance of pregnancy, and a lower chance of miscarriage and genetic abnormalities than if she were to use her 'fresh' 40-year-old eggs.

Although egg freezing may assist you in having a baby in the future, it is not a guarantee and parenthood should not be delayed, if possible, in reliance on this.

Treating infertility

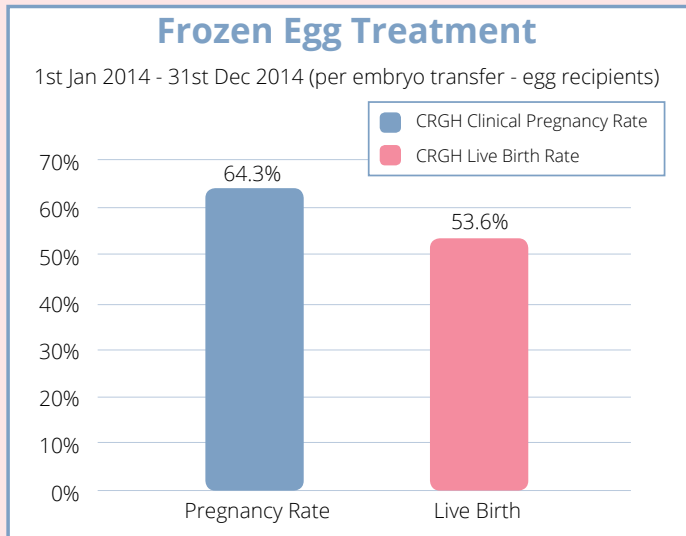
- Eggs can be frozen if a sperm sample cannot be produced on the day of egg collection or if the male partner is unavailable
- When the sperm quality is very poor, eggs can be frozen and thawed based on the number of viable sperm available. This means that a woman does not have to undergo repeated stimulation which can have physical, emotional and financial implications for a patient
- If a woman produces a small number of eggs each cycle, she has the option of freezing ('batching') eggs to optimise her chances of achieving pregnancy
- Egg donation treatment can take place without the need to synchronize the donor and recipient menstrual cycles

1 CRGH 2014 and 2015 data; Kuwayama M. et al. RBM Online, 2005

2 Monica Martinez-Burgos et al., Fertility and Sterility, 2011.

What are the success rates for egg freezing at CRGH?

The HFEA has recognised CRGH as having the highest number of live births using frozen eggs.³ Our latest data on pregnancy and live birth rates using frozen donor eggs is displayed below.



Your chance of successfully having a child from frozen eggs depends on various factors that are individual to you, and success rates vary depending on the age at which the eggs were frozen. However, evidence suggests that frozen eggs perform just as well as fresh eggs in IVF.

What are the risks?

Egg freezing has no impact on the onset of early menopause. The stimulation of ovaries has been associated with a low risk of a complication referred to as ovarian hyper stimulation syndrome (OHSS). However, CRGH have adopted a novel stimulation regime which vastly reduces the chances of developing OHSS. The egg collection procedure itself is a relatively non-invasive procedure, and carries minimal risks. On occasion, a patient may experience bleeding. For more information please speak to one of our doctors.

3 In response to a HFEA Freedom of Information Request in 2014.

Why is egg freezing at CRGH different?

- CRGH was one of the first clinics in the UK to practice vitrification in 2007, and it is our expertise which makes us leaders in the field
- CRGH has the largest frozen donor egg bank in the UK
- Excellent success rates using frozen eggs
- State of the art laboratory

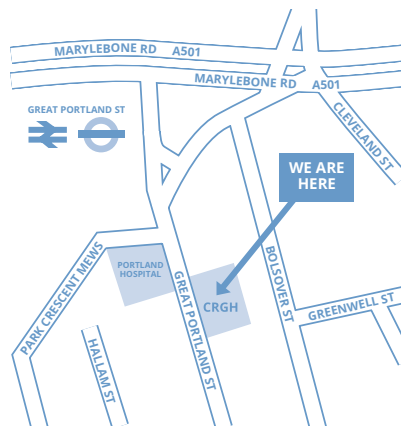


The patient pathway for egg freezing

The egg freezing process can take as little as two weeks from start to finish:

- At an initial consultation, you will discuss the process fully with your doctor
- You will undergo blood tests and an internal ultrasound scan which looks at your ovaries to see how many follicles (the sacs that produce the eggs) are developing
- You will take medication to stimulate your ovaries in order to produce multiple eggs
- The eggs are collected under sedation
- Once the eggs have been collected they are frozen using vitrification and stored for later use

Further reading: www.crgh.co.uk www.hfea.gov.uk



CRGH is a one minute walk from Great Portland Street underground station.

230 - 232 Great Portland Street
London W1W 5QS

Contact Us:

If you would like to find out more about egg freezing, we hold open evenings twice a month, and offer free 15 minute mini consultations for patients wishing to know more about CRGH.

Main number: +44 (0)20 7837 2905 (Mon-Fri 8.30am-6pm)

Out-of-hours booking line: +44 (0)7477 123 176

(Mon-Fri 6-8pm, Sat-Sun 9am-5pm):

Email enquiries: info@crgh.co.uk