

About egg freezing procedure

It is important for women to be privy to the knowledge of the safe ways to preserve egg quality. This method can be found with Oocyte Cryopreservation, commonly known as egg freezing.

Fertility specialist Dr Navdeep Singh Pannu has been asked questions about the egg freezing procedure.

Here, Dr Navdeep shares answers to the frequently asked questions he gets:

What is oocyte cryopreservation or egg freezing?

Human oocyte cryopreservation is a procedure to preserve a woman's eggs. This technique enables a woman to retrieve and store her eggs for later use.

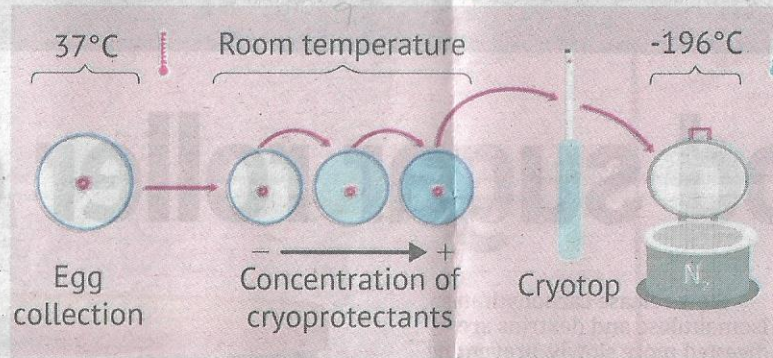
Who should consider egg freezing?

Women who wish to preserve their fertility for the future include:

- > Women who want or need to delay childbearing in order to pursue educational, career or other personal goals.
- > Women diagnosed with cancer.
- > Women with objections to storing frozen embryos for religious and/or moral reasons.

When should I freeze my eggs?

As soon as you can, and best



Eggs are frozen using a flash-freezing process known as vitrification.

before the age of 35, when the quality of eggs is optimum.

How does egg freezing work?

Eggs are frozen using a flash-freezing process known as vitrification.

The process of egg vitrification is done using an ultrarapid cooling method.

A substance called cryoprotectant is used to prevent damage to the cells when it is immersed in liquid nitrogen and stored at -196°C.

How are the eggs retrieved?

You will be given nine to 10 days of hormone injections to stimulate the ovaries and mature multiple eggs.

During the removal process, you will be placed under light sedation.

A needle attached to a catheter is guided through the vaginal wall.

One by one, the eggs will be drawn out using light suction.

The eggs are collected in test tubes labelled with your name and unique identification number, which will be handed to the embryologist for the storing process.

How many eggs will be retrieved?

The Brigham and Women's Hospital Egg Freezing Counselling Tool is used to help determine the number of eggs that we need to retrieve.

In general, we will attempt to retrieve as many eggs as we can.

How are the eggs stored?

The eggs are frozen and stored



Dr Navdeep.

at a temperature of -196°C.

How long can the eggs remain frozen?

Based on scientific evidence, eggs can be optimally stored for as long as 10 years.

Is the thawing process safe?

Yes, the thawing process is safe. More than 90% of eggs have been proven to survive the thawing process.

What are the costs involved?

In Malaysia, the process of each retrieval costs between RM10,000 and RM15,000.

The yearly fee to store the eggs is about RM1,000.