Freezing Your Eggs, Embryos, or Sperm for the Future
PRESERVING YOUR FERTILITY FOR FUTURE FAMILY BUILDING

There are many reasons why you might want to consider fertility preservation. Perhaps you haven’t yet met the person you want to build a family with. Or you’re focused on another important part of your life, like your education or career. Maybe you’re undergoing medical treatments or being deployed overseas, and you want peace of mind knowing the option is available if needed.

Whatever the reason, freezing your healthy eggs, embryos, or sperm may be a good option if you’re not ready for children now, but may want them in the future. The information in this brochure is designed to help you be “in the know” about how cryopreservation works, what to expect from the fertility preservation process, and the payment options available to you.

DID YOU KNOW

20% of women wait until after the age of 35 to have children—but age is also a growing cause of fertility problems

UNDERSTANDING CRYOPRESERVATION

The process of freezing eggs, embryos, and sperm is called cryopreservation. Today, most labs use a newer technique called vitrification, which avoids the risk of ice crystals forming. This helps protect eggs, embryos, and sperm from damage until you are ready to use them in the future.

HOW DOES VITRIFICATION WORK?

Living cells are mixed with a special “anti-freeze” solution. They are immersed in liquid nitrogen, then, they are flash frozen into a glass-like state.

QUESTIONS FOR YOUR FACILITY

Some labs may use different freezing methods. Before choosing a facility, ask about their cryopreservation process and success rates. Prepare questions before your visit, and don’t hesitate to ask for a better explanation if you don’t understand the answers you receive.

Want guidance on what to ask your facility? Visit Fertility.com or scan the QR code
Egg and embryo cryopreservation can take less than a month to complete. Some women may need to undergo more than one freezing cycle to retrieve an adequate number of eggs. Your doctor can help determine the exact number needed, but in general, fertility experts recommend freezing 10 to 30 eggs and 20 or more embryos.

**SUCCESS RATES**

The success of IVF using frozen eggs and embryos depends on many factors, including:

- Your age and reproductive health at the time of cryopreservation
- Variables during the IVF process, such as the quality of sperm used to fertilize the egg and the health of your uterus at transfer
- How well the eggs or embryos survive the thawing process

While egg freezing has seen many improvements over the past decade, pregnancy rates are still higher with frozen embryos than with frozen eggs.

**YOUR NEXT STEPS**

The length of time a clinic will store your eggs or embryos varies. You and your doctor will discuss storage time and plans should you elect not to use them.

When you’re ready to become pregnant, your eggs or embryos will be thawed. Frozen eggs will be fertilized in a lab with sperm from your male partner or donor before being transferred into your uterus. If you’ve frozen embryos, they will be transferred right away.

Egg freezing is growing in popularity, with 10,936 fertility preservation cycles being performed in 2017—an increase of 24% over the previous year.

Visit Fertility.com or scan the QR code for more on egg and embryo freezing.
HOW SPERM FREEZING WORKS

The freezing and storage of a semen sample, often referred to as sperm banking, is the most common way for men to preserve their fertility. Unlike the process women undergo to freeze eggs or embryos, sperm freezing is quick and easy, widely available, and inexpensive.

1 SAMPLE COLLECTION
You’ll be asked to masturbate into a sterile container provided by the clinic or sperm bank.

2 SEMEN ANALYSIS
Your semen will be washed and analyzed for sperm count, motility (the sperm’s ability to swim), and shape.

3 PREPARATION
Prior to freezing, your sperm will be mixed with a special fluid to protect it from damage, and divided between several containers. This will allow you to thaw smaller batches of sperm at different times in the future.

4 FREEZING AND STORAGE
Your samples will be frozen for future use in a liquid nitrogen storage tank.

SUCCESS RATES
Using frozen sperm for fertility treatment has been shown to be just as successful as using fresh samples. Sperm stored for more than 20 years has been used successfully.

YOUR NEXT STEPS
You and your doctor will discuss storage time and plans should you decide not to use your samples. When you’re ready, the cells are warmed and prepared for the next phase of your fertility journey.

PAYING FOR FERTILITY PRESERVATION

The cost to bank and store eggs, embryos, or sperm for future use can vary widely depending on the type of freezing, facility, and location. The good news is that there are ways to help make fertility preservation more financially accessible.

Many companies now offer insurance coverage for fertility preservation. Check with your employer’s human resources department to see if your company is one of them.

THERE ARE OTHER OPTIONS THAT CAN MAKE FERTILITY PRESERVATION AFFORDABLE, INCLUDING:

- $ Clinic payment plans and discounts
- $ A grant, which won’t need to be repaid
- $ Medication discounts for those without insurance benefits, such as the Compassionate Care Program

Visit Fertility.com or scan the QR code for more about fertility preservation costs

Helpful information is always accessible at Fertility.com
Find family-building resources, guides to prepare for appointments, and stories from others like you.
MY fertility STORY

Visit Fertility.com or scan the QR code for more support on your path to parenthood