

# CONVERSATION GUIDE:

## Egg and Embryo Freezing

Seeing a fertility specialist may be an important step toward preserving your fertility. This tool can help you prepare your questions in advance so you can make the most of your first appointments.

Simply select the appropriate questions and print to help guide your discussions with your doctor and other clinic staff.

### ABOUT THE FACILITY

How many egg and embryo freezing procedures does your facility do each year?

What freezing process do you use at your facility?

Are the eggs and embryos stored here or elsewhere?

If stored off-site, how is transport handled?

What processes do you have in place to protect eggs and embryos while they are frozen?

What processes do you have in place to ensure my eggs/embryos are not misidentified along the process?

How do you ensure that my eggs or embryos stay separate from others?

When I'm ready to use my eggs or embryos, what type of thawing procedure is used?

Do you offer in-vitro fertilization when I'm ready to use my eggs?

What is your facility's pregnancy success rate for patients using their own frozen eggs and embryos?

How many egg thaw procedures does your clinic perform in a year?

During what time of the day are appointments generally available?

Who should I contact if I have questions or concerns outside of office hours?

### ABOUT THE PROCEDURE

At what age should I have my eggs/embryos frozen?

What tests are done before eggs are retrieved?

How does egg retrieval work?

How many eggs or embryos do you recommend I freeze?

How many cycles do you think I will need to collect a reasonable number of eggs to maximize my chances to live birth?

How many appointments will be required?

How does a cycle work?

What are the side effects from cycle medications?

What are the side effects from egg retrieval?

Can I still work during a cycle?

Can I have sex during a cycle?

Are there any lifestyle changes you recommend to improve cycle success?

How long can eggs and embryos remain frozen?

### ABOUT PAYMENT

Does your facility take my insurance?

Will you help me determine what my insurance will cover?

How much does an egg or embryo freezing cycle cost and what does that price include?

What financial programs do you offer?

Do you offer discounts for multiple cycles?

What is the annual cost to store my eggs or embryos?

