



Egg Freezing

Information for Parents and Adolescents

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What is Egg Freezing?

Egg freezing, also known as oocyte vitrification, is a process where mature eggs (called oocytes) are collected from the ovaries and frozen to be used later.

There are different reasons why someone might choose to freeze their eggs. One common reason is to preserve fertility for medical reasons. For example, some medical conditions or treatments can affect how many eggs a person has, or reduce the quality of the eggs. These things can make it harder to get pregnant in the future.

To get pregnant, the body needs healthy eggs, which are stored in the ovaries. Some illnesses or medical treatments can damage the ovaries and reduce the number of healthy eggs they release. Sometimes, the uterus (womb) can also be affected. These changes might be temporary or permanent.

Freezing eggs before they are affected by illness or treatment can help protect them. So, for young people facing medical challenges, egg freezing can offer reassurance and help protect their chances of having children later on.

Whether egg freezing is the right choice for you depends on your individual medical situation and test results. These will be discussed in full with you and your parent/guardian during your fertility appointment.

What you need to do if you decide to freeze your eggs

Your doctor will talk with you and your parent/guardian about fertility preservation. If you decide to go ahead with egg freezing, they'll refer you to Merrion Fertility Clinic.

The Merrion Fertility Clinic Team will contact your parent/guardian and arrange your appointment. At that appointment, the nurse will guide you through the next steps.

Egg Freezing Steps



1

Blood Test & Scan

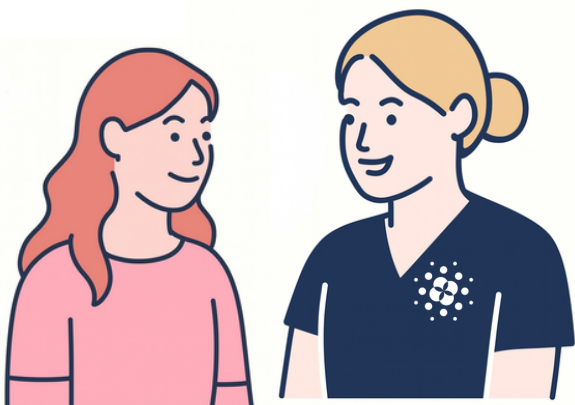
A nurse will carry out a blood test and an ultrasound scan to check how many potential eggs are in your ovaries.



2

Doctor Consultation

You'll meet with a doctor to review your test results and talk through what they mean. Together, you'll decide if egg freezing is medically suitable for you and if it's something you'd like to go ahead with.

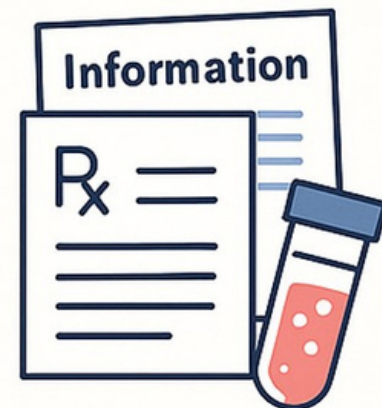


3

Nurse Appointment

A nurse will explain the egg freezing process in more detail and help you complete a consent form.

You'll also get a prescription for the medication that helps your ovaries produce eggs. This medicine comes in a small injection pen, and the nurse will show you exactly how to use it so you feel confident giving the injections yourself at home.



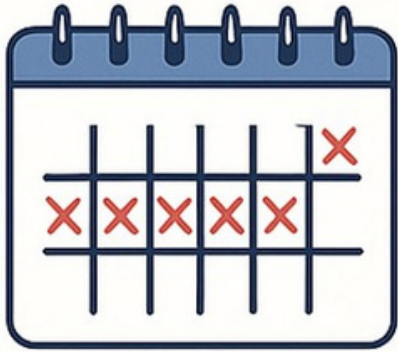
4

Stimulation

You'll give yourself injections for 8 to 12 days to help your ovaries produce more eggs.

Normally, your body makes one egg per month, but the medication encourages your ovaries to produce several eggs at once, so that more can be collected and hopefully frozen for the future.

Egg Freezing Steps



5

Monitoring

Over the next 12 days or so, you'll have 2 to 5 scans and some blood tests to check how things are going.

These tests help us track the growth of follicles – small sacs on your ovaries that contain the potential eggs we're trying to collect.



7

Egg Collection

A doctor will collect the eggs while you are asleep (under sedation) during a short procedure at the clinic.

A small needle is passed through the vagina into your ovaries to collect fluid from each follicle, which may contain an egg. You can usually go home 1 to 2 hours later. Before you leave, we'll let you know if we collected any eggs and how many.



6

Trigger Injection

Once your follicles are the right size, you'll have a special injection to help the eggs mature.

About 36 hours later, you'll come in for the egg collection procedure.



8

Egg Freezing & Storage

The day after your egg collection, someone from the laboratory team will call you to let you know how many eggs were suitable to freeze.

These eggs will then be safely stored for you to use in the future if you choose to.

How do I use my eggs in the future?

When you are an adult, you might want to understand more about your fertility and may wish to explore your ability to get pregnant and have children in the future.

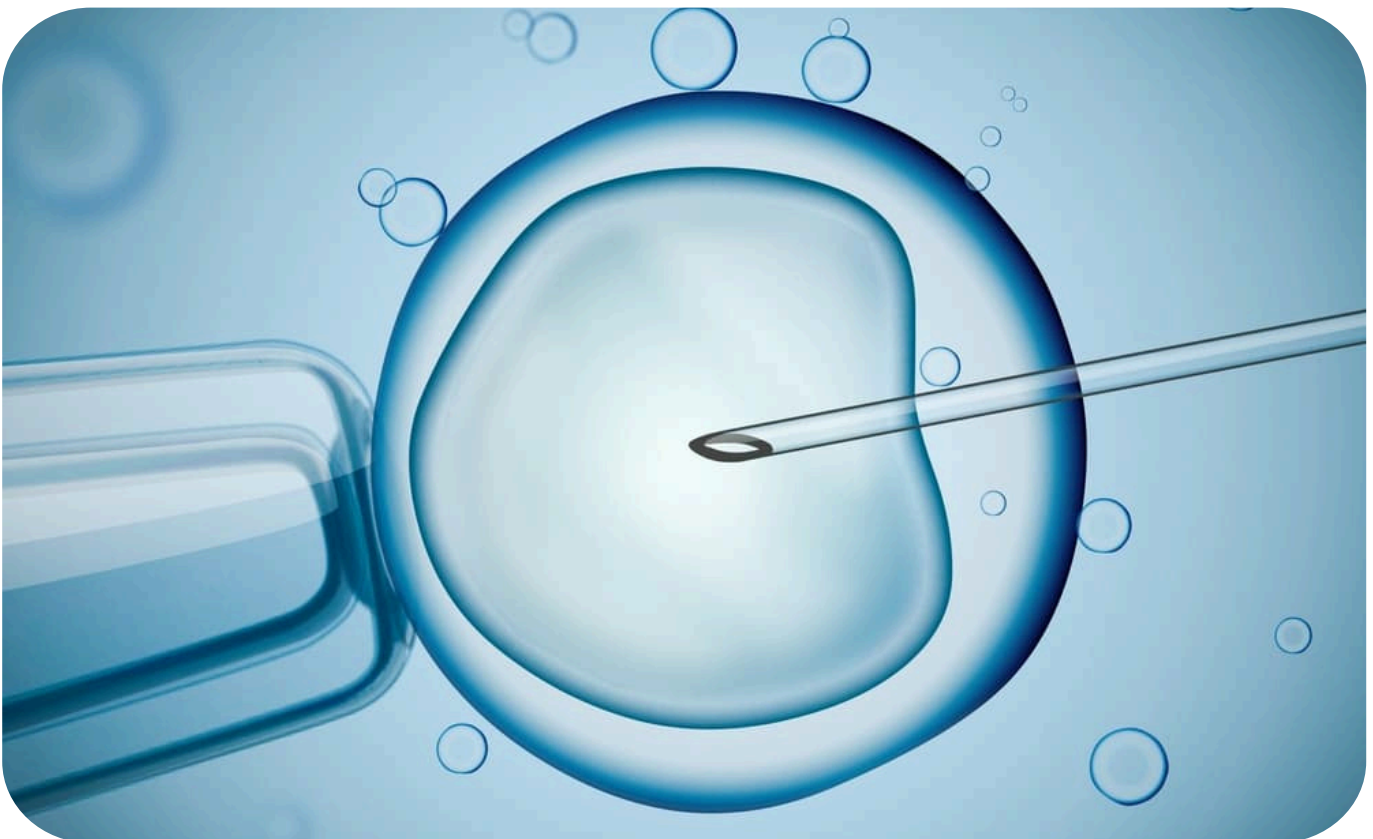
You can arrange a fertility assessment once you're over 18. This is to check how your ovaries are working and whether your fertility may have been affected in any way. If it has, you may need to use your stored eggs in the future through a treatment called ICSI (intracytoplasmic sperm injection).

In some cases, your ovaries may still work well, and you might be able to get pregnant naturally.

Everyone is different, and the assessment helps us understand your personal situation and options.

There's no need to make any decisions now. When you feel ready, we'll organise an appointment to talk through everything. At that point, we'll also need to update your consent forms, as these need to be signed again once you're an adult.

If you have any questions or want to talk about this earlier, we're here to support you.



Who can use my eggs?

Only you, the person who produced the eggs, can use them

Is there a cost?

Unfortunately, fertility preservation for people under 18 is not currently covered by the public health system in Ireland. This means there is a fee for the procedure and ongoing storage of your eggs.

You can find the most up-to-date costs on our price list, which we're happy to share with you or your parent/guardian at any time.

Why Contraception Still Matters

Even if you've had a medical condition that might affect your fertility, it's important to remember that fertility is different for everyone. Your fertility may be reduced, but you could still get pregnant naturally.

That's why, as you get older, if you're having sex and don't want to become pregnant, using contraception is still recommended. It's also important to practise safe sex to protect yourself and your partner from sexually transmitted infections (STIs).

What if I Have Questions?

The staff at Merrion Fertility Clinic are here to assist you with any additional questions you may have.

Reception: (01) 556 7900

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with compassion,
honesty & trust**