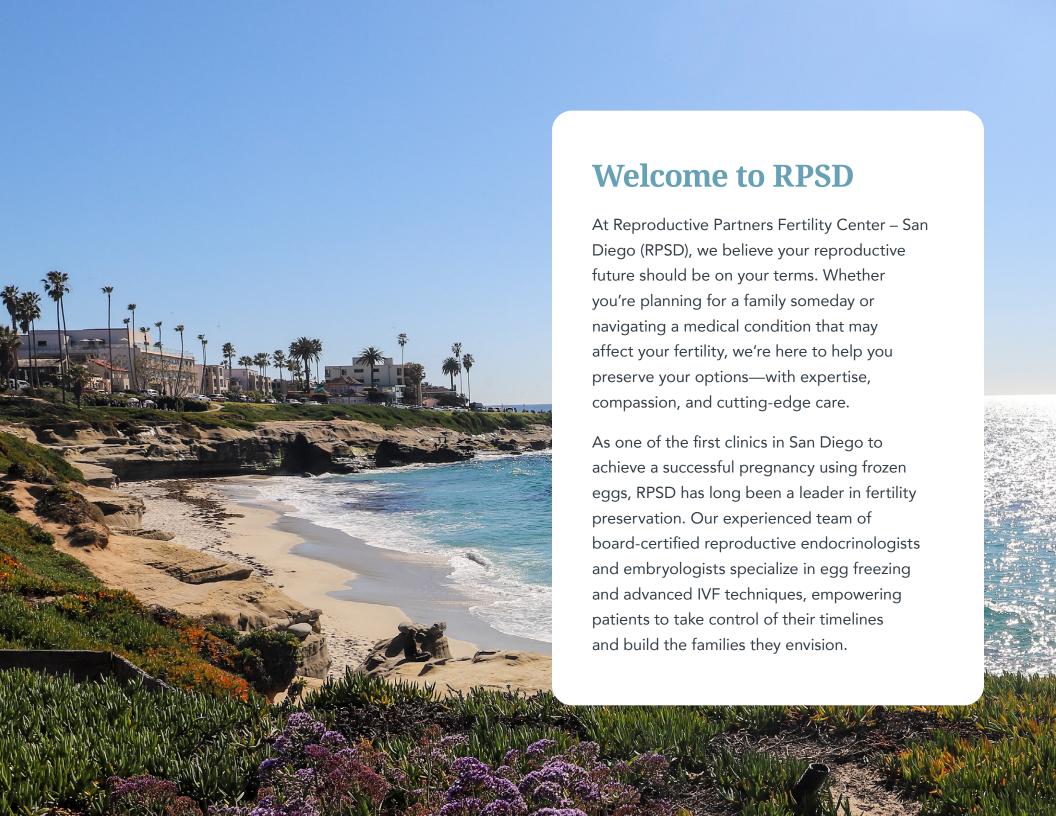


# **Considering Egg Freezing?**

A guide to preserving your fertility with RPSD

FertilityClinicSanDiego.com







### Is Egg Freezing Right for You?

Ask yourself these three questions:

#### 1. How old are you now?

Fertility declines with age—especially after 35. Freezing eggs in your 20s or early 30s gives you the best chance of future success.

#### 2. How old will you be when you want your first child?

If you plan to delay parenthood, egg freezing is a proactive way to preserve your current fertility while giving you more time.

#### 3. How many children do you want?

If you hope to have more than one child, freezing eggs now increases the chances of having enough healthy eggs to support multiple pregnancies.

Whether you're navigating career goals, relationship timing, or health factors, freezing your eggs offers more flexibility for the future.

# **The Egg Freezing Process**

Here's what to expect at each stage of your journey:

#### 1. Ovarian Stimulation & Monitoring

You'll self-administer daily hormone injections for 10–14 days to stimulate your ovaries to produce multiple mature eggs. You'll come into the clinic for regular ultrasounds and bloodwork to monitor progress.

#### 2. Egg Retrieval

When your eggs are ready, your physician will perform an outpatient procedure to collect them using ultrasound guidance. You'll be lightly sedated, and the entire procedure takes about 15–30 minutes.

#### 3. Vitrification (Rapid Freezing)

Our expert embryologists freeze your eggs using vitrification—a fast, effective method that protects egg quality during freezing and thawing.

#### 4. Secure Storage

Your frozen eggs are stored in liquid nitrogen tanks monitored 24/7 by an alarm system to maintain optimal conditions until you're ready to use them.

# What Happens When You're Ready to Conceive?

When you decide to use your frozen eggs, we'll guide you through the next steps:

#### 1. Egg Thawing

Your eggs are safely thawed using cryoprotectant solutions to protect them from ice damage.

#### 2. Fertilization (ICSI)

A single sperm is injected directly into each egg using a technique called Intracytoplasmic Sperm Injection (ICSI), which maximizes fertilization success.

#### 3. Embryo Culture

Fertilized eggs (embryos) are monitored as they grow in our lab for 3–5 days.

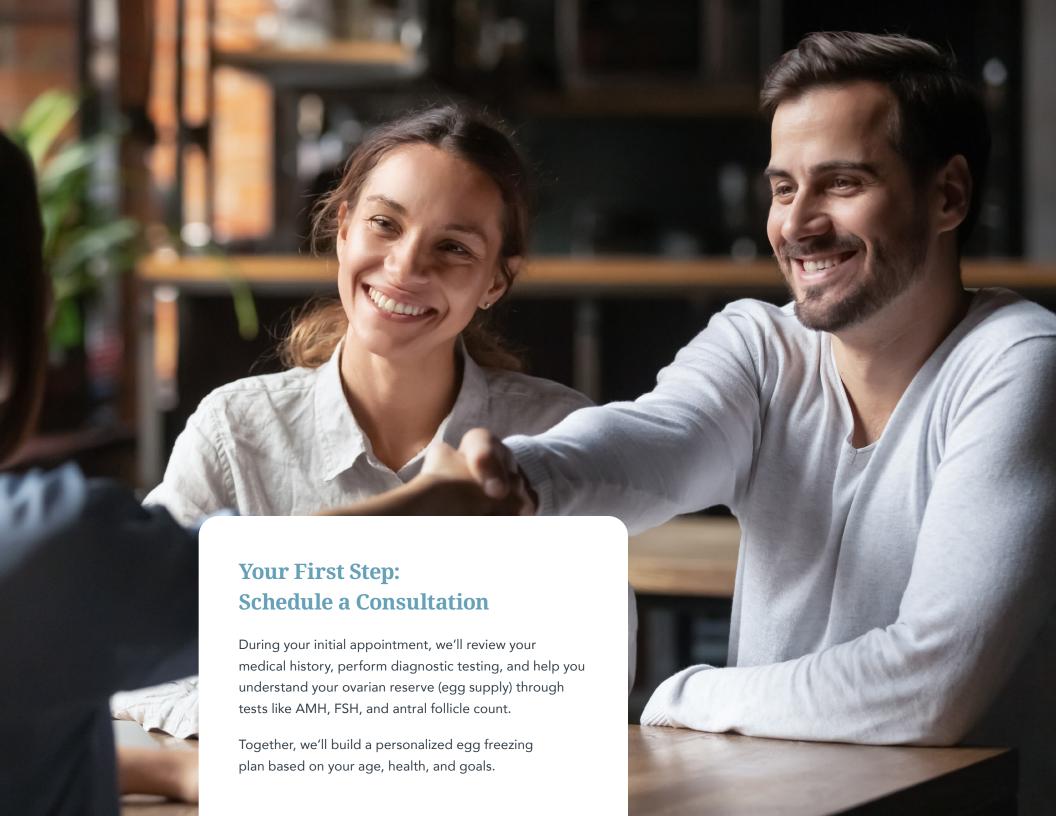
#### 4. Embryo Transfer

We carefully select the best embryo for transfer.

At RPSD, we often recommend elective single-embryo transfer (eSET) to reduce the risk of multiple pregnancy and improve outcomes.







## **RPSD's Fast Track Program**

Ask about our Fast Track Program.

If you're ready to get started right away, our Fast Track Program streamlines the process by scheduling essential fertility tests before your first visit. This allows your physician to review your results during your initial consultation and may help you begin the egg freezing process sooner.

To enroll in Fast Track, call 858-552-9177. A clinical liaison will help schedule the necessary testing and discuss any insurance authorization requirements.

Typical Pre-Consult Testing Includes:

- Anti-Müllerian Hormone (AMH)
- Follicle Stimulating Hormone (FSH) & Estradiol (Cycle Day 3)
- Infectious Disease Screening





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