



Considering Egg Freezing?

*A guide to preserving
your fertility with RPSD*

[FertilityClinicSanDiego.com](https://www.fertilityclinicсандiego.com)





Welcome to RPSD

At Reproductive Partners Fertility Center – San Diego (RPSD), we believe your reproductive future should be on your terms. Whether you're planning for a family someday or navigating a medical condition that may affect your fertility, we're here to help you preserve your options—with expertise, compassion, and cutting-edge care.

As one of the first clinics in San Diego to achieve a successful pregnancy using frozen eggs, RPSD has long been a leader in fertility preservation. Our experienced team of board-certified reproductive endocrinologists and embryologists specialize in egg freezing and advanced IVF techniques, empowering patients to take control of their timelines and build the families they envision.



What Is Egg Freezing?

Egg freezing—also called oocyte cryopreservation—is a process where your eggs are retrieved, frozen, and stored for future use. When you're ready to try for a pregnancy, your eggs can be thawed, fertilized, and transferred into your uterus through in vitro fertilization (IVF).

At RPSD, we use vitrification, a rapid freezing technique that minimizes ice crystal formation and maximizes egg survival rates.

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.





When Should You Freeze Your Eggs?

There's no one-size-fits-all answer. But if you're:

- In your 20s or early 30s and want to preserve your best-quality eggs
- Over 35 and planning to delay childbearing
- Facing medical treatment (like chemotherapy) that may impact fertility
- Looking for peace of mind about future family-building

...then now may be the right time. An initial consultation with one of our specialists will help you make an informed decision.

A man and a woman are sitting at a wooden table in a cafe or office setting. They are both smiling and looking towards a laptop screen that is partially visible on the left. The man is wearing a light blue long-sleeved shirt, and the woman is wearing a white button-down shirt. The background is softly blurred, showing shelves with various items and a potted plant.

Your First Step: Schedule a Consultation

During your initial appointment, we'll review your medical history, perform diagnostic testing, and help you understand your ovarian reserve (egg supply) through tests like AMH, FSH, and antral follicle count.

Together, we'll build a personalized egg freezing plan based on your age, health, and goals.

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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