



**Fertility
Preservation by
using the latest
freezing
technology
(vitrification)**

Freezing eggs for future use

Who needs this service?

- Women who have a family history of early menopause
- Women who are prone to getting early menopause due to medications such as steroids, smoking, cancer treatment or those at increased oestrogen related cancer risk in the family
- Women who are due to undergo medical or surgical procedures that could make them infertile
- Women who simply want to freeze their eggs for future use because they are getting older and have not found the right partner yet to have a family
- Women who want to delay having children because of career or financial constraints

How can we help and What is vitrification?

We can offer you the latest freezing technology called vitrification to preserve your eggs. Egg vitrification refers to the process whereby eggs are rapidly frozen in order to prevent ice crystal formation. This method has significantly increased success rates for survival of eggs after thawing. Vitrification of human eggs is associated with good pregnancy rates and normal obstetric and neonatal outcome as shown by scientific studies.

Why CREATE?

• Scientific Expertise and Skills

At CREATE, we can offer you the best scientific techniques and care you deserve. Professor RC Chain who is the pioneer of vitrification and In Vitro Maturation (IVM) is our Scientific Director. He has personally trained our embryology team in these techniques. We are delighted to offer the very best to you in the field.

• Safe and Natural Methods to mature and collect your eggs

You may not be infertile, do you need your body pumped with a lot of drugs and exposed to side effects and risks? Do you need suppression of your ovaries and being made menopausal for a couple of weeks? No, at CREATE, we can offer you safer and more natural approaches. Our clinical team are leaders in Natural, Mild IVF and IVM with a commitment to give you the best and the latest in the field.

Natural IVF with IVM:

You are not given any stimulating drugs. Your treatment is done in your own menstrual cycle. We aim to collect several eggs in your natural cycle without stimulating injections. You do not have any side effects or risks of ovarian hyperstimulation syndrome (OHSS).

We generally collect one mature egg and several immature eggs. Immature eggs are matured in the laboratory using sophisticated culture conditions. These matured eggs are frozen using vitrification.

Mild IVF:

Your treatment is conducted within your own natural cycle. Smaller doses of stimulating drugs are given for shorter period (5-10 days). You do not experience any menopausal symptoms as in conventional IVF and your risk of OHSS are minimised. We aim to collect 2-7 eggs but sometimes more eggs are collected.

The aim is "quality" and not quantity. Eggs are frozen using vitrification technique.

Are there any risks to children?

There are several peer-reviewed scientific studies assessing hundreds of children born following vitrification of eggs¹. Professor Chian has published scientific papers looking at obstetric and neonatal outcome following IVM and vitrification². So far, there are no increased risks reported. However, the scientific community recognises the importance of monitoring this information globally.

What are the success rates?

Since it is a relatively new service across the world, the numbers of thawed cycles are small compared to normal, fresh IVF cycles. To our knowledge, around 1000 babies are born worldwide using this method. The main determinant of success is woman's age. Older the woman at the time of egg freezing, lower the chances of success are because of egg quality.

The survival rate after vitrification is 80-90% with fertilisation rates 70 - 75%.

What preparation or tests are required prior to egg freezing?

You will have a consultation with one of our consultants who will discuss the process involved including any risks, you will be offered counselling with our independent fertility counsellor. You will be screened for infectious diseases (HIV, Hep C & Hep B) and complete consent forms. Some hormone tests will be performed and a diagnostic scan of your ovaries to see which treatment type is most suitable for you.

How long can I store my eggs for?

The standard storage period is for 10 years, although in certain circumstances you can extend up to the age of 55.

We will contact you annually therefore it is important to inform the clinic about any changes of address. If your consent expires and we cannot contact you we will have to remove your eggs and allow them to perish.

How much does it cost?

Please ask for our current fee schedule.

References

- ¹ Ri-Cheng Chian, Jack YJ Huang, Seang Lin Tan, Elkin Lucena2, Angela Saa, Alejandro Rojas, Luis Arturo Ruvalcaba Castellón Martha Isolina García Amador, Jorge Eduardo Montoya Sarmiento. Obstetric and perinatal outcome in 200 infants conceived from vitrified oocytes. Reproductive BioMedicine Online Vol 16. No 5. 2008 608-610
- ² Chian RC, Huang JYJ, Gilbert L, Son W-Y, Holzer H, Cui SJ, Buckett WM, Tulandi T, Tan SL. Obstetric outcomes following vitrification of in vitro and in vivo matured oocytes. Fert & Ster. 2009 June;91(6):2391-8



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