



Conversation guide for your initial consultation on egg freezing

This guide is to help you get the most out of your first consultation on egg freezing. It contains useful information on what to expect at your first visit, what to bring, and some questions that you might want to ask your doctor.

Be ready, whenever you're ready

What to know about your first consultation

The doctor may do an examination of your body to assess your fertility health. This may include a genital examination, ultrasound scan and blood test. You can check with the clinic ahead of the consultation if you want to find out more.

The doctor may ask some questions about your health, lifestyle and past experiences, such as:

- Do you smoke?
- Have you ever been tested for sexually transmitted diseases?
- Have you ever been pregnant in the past?
- Have you ever been tested for cervical cancer?
- When was your last menstrual period?
- Have you tested your level or measurement of the anti-Müllerian Hormone (AMH) in the past year?

AMH is a protein hormone produced by cells within the ovary. Understanding your AMH levels can help to assess your ovarian egg reserve and therefore your fertility

- If you have a partner, you may want them to attend the consultation with you. Check with the clinic beforehand about this

What to bring to your first consultation

- The doctor may ask if anyone in your family has had fertility issues in the past, so it is advised to find out this information from your relatives before your consultation
- Your latest medical records, including recent blood test results and Pap test results for cervical cancer
- The contact information of your current or past family doctor, General Practitioner (GP) and/or gynaecologist

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Some questions to ask

You may find it useful to ask some of the below questions at your consultation.

The egg freezing process

- How many times will I need to visit the clinic, and what will happen at each visit?
- How many eggs can you collect each time?
- How long can my eggs be stored for?
- Is the procedure painful?
- What are my chances of success, taking into account my age, health, family history etc.?
- Are there any long-term health effects from the procedure?
- How much time will I need to take off work?

Financial questions

- How much does the procedure cost?
- Is the procedure covered by health insurance?
- Is there someone at the clinic who I can discuss my financial options with?
- Is there a charge for storing my eggs?

Questions about the clinic

- How long has this clinic been conducting egg freezing?
- What are your success rates?
- Is there a waiting list?
- What happens to my eggs that aren't used?

Any other questions

If you have any other questions note them down here so you don't forget to ask during your consultation.