



*Tripod Fertility*

# Your Fertility, Your Future:

WHY EGG FREEZING MATTERS



# Introduction: Take Control of Your Future

## Your Timeline, Your Choice

Modern life offers countless opportunities, but timing doesn't always align with personal goals. Whether you're focused on developing your career, exploring relationships, building financial security, securing a family home, pursuing passions or facing medical issues, fertility preservation offers the flexibility to take control of your reproductive future.

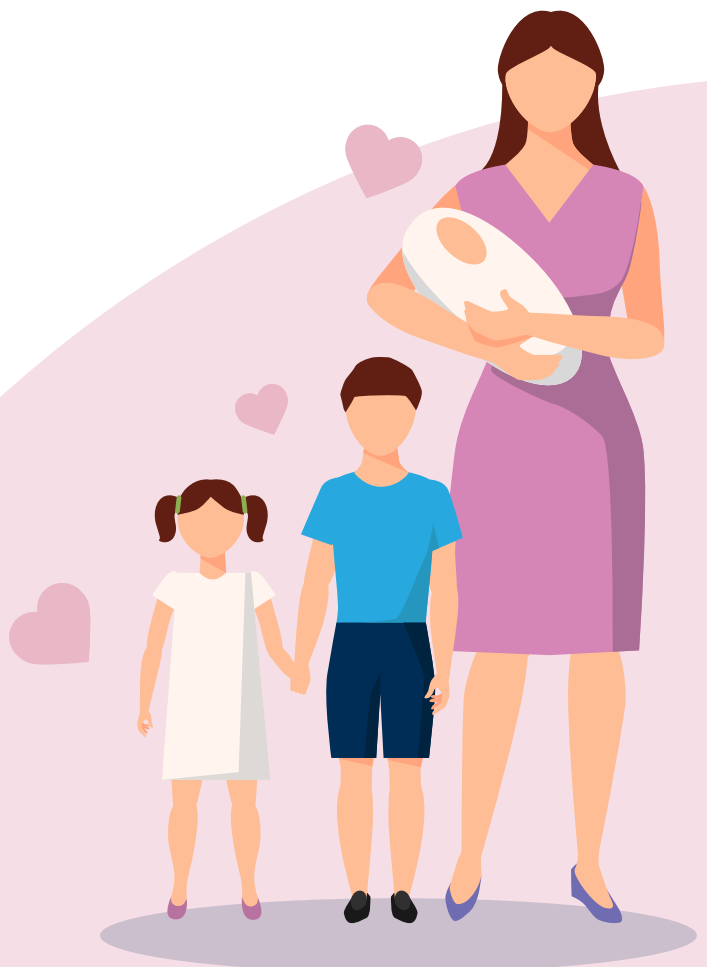
## Embracing Parenthood Later: A Growing Trend

In Canada, the average age of parents at childbirth has been increasing without interruption for nearly five decades, from 26.7 years in 1976 to 31.6 years in 2022.<sup>1</sup>

## Why Egg Freezing is the Ultimate Tool for Freedom

Egg freezing empowers you to align family planning with your unique timeline. By preserving your eggs now, you gain the ability to try for a family when you're ready, without being constrained by your biological clock.

Egg freezing has become a popular option for individuals who value the freedom to plan their futures. Having young, healthy eggs preserved gives a greater sense of control over your life, allowing you to pursue your goals without time influencing your fertility options.



# Why Freeze Your Eggs Now?

## The Biological Clock: Fact vs. Fiction

While age is just a number, it has a significant impact on fertility. You are born with a finite number of eggs, which decline in quantity and quality over time. By freezing your eggs early, you maximize your chances of success when you're ready to conceive.

The decline in egg quality becomes more significant after age 35. By acting early, you can preserve your most viable eggs and ensure a higher likelihood of conception when the time is right. Fertility experts can provide valuable insights into how timing impacts your options.

## The Power of Acting Early

Acting early provides more options and better results. Studies show that eggs frozen in your 20s and early 30s have a higher chance of leading to a successful pregnancy compared to those frozen later in life.

Taking proactive steps while you're younger doesn't just maximize success rates—it also reduces the number of cycles you may need to reach your desired goal. This proactive approach can save you time, money, and emotional energy in the long run.



## Planning Ahead: How Many Eggs Do You Need?

The number of eggs needed to achieve a live birth varies depending on the age of the person at the time of freezing their eggs. On average, freezing 10 to 20 eggs per desired child is recommended. Depending on your ovarian reserve and the number of children you want in the future, you may need multiple cycles. Personalized consultations with a fertility specialist can provide clarity on what's needed for you.

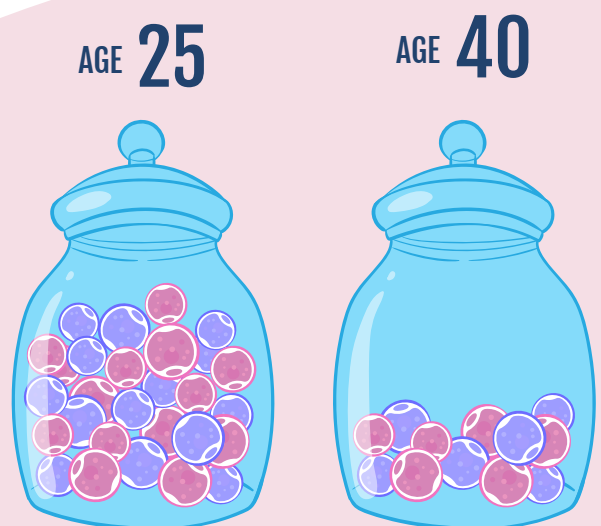
Planning for the future also involves understanding how lifestyle factors, age, and medical history influence your fertility journey. A fertility specialist can guide you through these factors to optimize your outcomes.

## Your Chances of Success

### Understanding Egg Freezing Success Rates

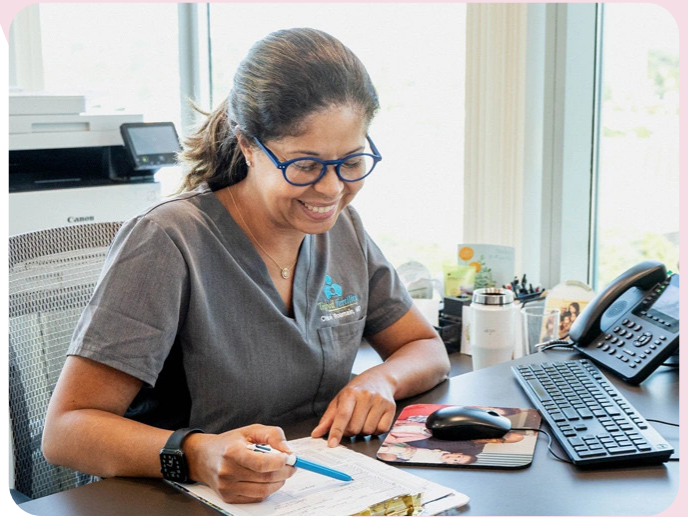
The likelihood of pregnancy using frozen eggs depends on several factors, including:

- **Age and health** at the time of freezing (affecting egg quality).
- The **number of eggs retrieved** and their survival through the freeze/thaw process.
- Successful fertilisation and embryo viability (also influenced by sperm quality).
- Whether the embryos **implant successfully** for pregnancy.



# Key Statistics

Your chance of a future pregnancy will depend on a number of factors, such as your age at the time of egg freezing and the number of eggs retrieved. It's important to talk with your fertility specialist to predict the number of eggs you can expect to freeze now and at different ages to help you to make the best decision for your future goals.



## Egg Freezing Success

Evidence-based models<sup>4</sup> provide the following predictions for individuals with a normal ovarian reserve:

- A 32-year-old freezing **5 eggs** has a **44% chance** of a live birth; **20 eggs** increases this to **90%**.
- A 38-year-old freezing **5 eggs** has a **26% chance** of a live birth; **20 eggs** increases this to **69%**.

These probabilities are taken from the results of one of the largest published data sets available (Doyle et al)<sup>5</sup>

Age That Eggs Were Frozen	30 to 34	35 to 37	38 to 40	41 to 42
Probability of Having at Least 1 Child	82%	80%	60%	40%
Probability of Having at Least 2 Children	50%	45%	22%	10%
Probability of Having at Least 3 Children	22%	20%	3%	1%

## Egg Retrieval and Cycles

Your fertility specialist will talk with you about your estimated egg retrieval yield based on your Anti-Müllerian hormone (AMH) and Antral Follicular Count (AFC) results.

To maximize pregnancy chances, especially for individuals who are of advanced reproductive age, multiple cycles may be recommended to store enough eggs.

## The Egg Freezing Process



From Consultation  
to Cryopreservation

### Consultation & Assessment

At Tripod Fertility, our egg freezing process is designed to fit into a busy schedule while ensuring the best care, safety, and success.

It begins with a consultation, where you'll meet one of our specialists, learn about the process, discuss your medical history and family building goals, and the next steps.

You'll then have an assessment where you come to the clinic for a blood test and ultrasound to discover your current reproductive potential. With the results, a personalized treatment plan will be developed with your specialist.

Egg freezing is a personalized process, and understanding your unique circumstances will help set realistic expectations and goals.



### Egg Freezing Cycle

In the month leading up to your cycle, our fertility preservation team will guide you through administering hormone injections at home so you feel confident and at ease. The medication will allow you to grow multiple eggs and suppress ovulation.

Your treatment typically takes around 2 weeks from the start of hormone injections to egg retrieval. During this time, you'll need to schedule 3 to 6 monitoring appointments for blood tests and ultrasounds to track your progress. These appointments are brief, often lasting 20 to 30 minutes.

The self-administered injections are done daily and are quick to complete, but they require consistency. The process concludes with an egg retrieval procedure.

Your healthcare provider will work closely with you to ensure that every step is seamless and comfortable.



## Tips for Managing Ovarian Stimulation

Ovarian stimulation involves hormonal medications that may cause mild symptoms like bloating, mood changes, or fatigue. Most individuals find the process manageable and can maintain their daily routines with minimal disruption.

Understanding potential side effects in advance allows you to prepare effectively. Simple lifestyle adjustments and support from your care team can ensure a smooth experience throughout the process.

It's important to prioritize rest and self-care, stay hydrated, eat a balanced diet rich in nutrients, and avoid alcohol and excessive caffeine to help support your overall well-being. Light exercise, such as walking or yoga, may help reduce stress, but intense physical activities should be avoided. Additionally, consider reducing social engagements or work commitments during the two-week treatment period to allow time for appointments and recovery, and to minimize stress. These small but meaningful adjustments can make a significant difference in helping you feel prepared and supported throughout your fertility journey.



# Egg Retrieval Day: What to Expect

Egg retrieval is a minimally invasive procedure performed to collect mature eggs for freezing or fertilization. Here's an overview of what happens and what recovery is like:

## 01 During the Procedure

- The procedure typically takes about 20 to 30 minutes and is performed under mild sedation or anaesthesia to ensure comfort.
- At Tripod Fertility, we also have anaesthesiologists who can provide deep sedation if you prefer to be asleep during your procedure.
- Using ultrasound guidance, a thin needle is inserted through the vaginal wall to reach your ovaries and retrieve the eggs from the follicles.
- Most patients feel little to no discomfort during the process.

## 02 After the Procedure

- Once the procedure is complete, you'll rest in a recovery area until the sedation wears off, usually within an hour.
- Some individuals may experience mild nausea, cramping, bloating, or spotting, which typically resolves within a day or two. Over-the-counter medication and rest can help manage these symptoms.
- You cannot drive for 24 hours after receiving sedation so you will need to ensure a responsible adult is available to accompany you home.
- Your eggs will be frozen on the same day they are retrieved. Our embryologists will let you know how many eggs were frozen.

## 03 After Care

- Plan to take it easy for the rest of the day - avoid strenuous activities and prioritize hydration and light, nourishing meals.
- Mild bloating or discomfort may persist for a few days as your ovaries return to their normal size.
- Most individuals recover quickly and are able to resume normal activities within a day or two.

It's important to follow up with your clinic if you experience severe pain, heavy bleeding, or other unusual symptoms.

## Minimal Risks and Key Considerations

- Egg retrieval carries similar risks to any minor surgical procedure with the low risk of complications being 1 in 1000.
- A fertility assessment determines your likelihood of success for egg freezing. Age and ovarian reserve can help us provide realistic expectations for treatment.
- The more eggs retrieved the greater likelihood of success. Multiple cycles may be needed if few mature eggs are retrieved.
- Not all eggs survive the freeze/thaw process or may result in viable embryos.
- Your fertility specialist will discuss your individual risks and expectations to help you decide if egg freezing is the right choice for you.

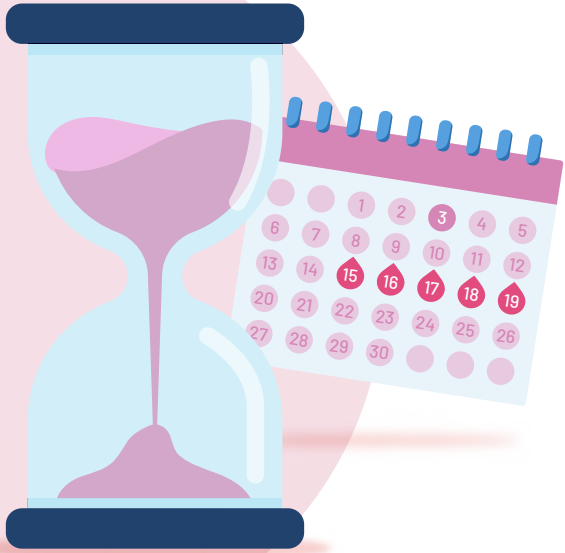
## How Science Ensures Safety and Effectiveness

The rapid freezing technique, called vitrification, preserves the quality of your eggs for future use, making egg freezing highly effective.

Eggs retrieved for freezing are stored in state-of-the-art liquid nitrogen tanks at the clinic, ensuring they remain preserved in optimal conditions. These tanks are monitored 24/7 with advanced systems to guarantee safety and stability. Technically, frozen eggs can remain viable indefinitely, offering individuals the flexibility to use them when the time is right. This meticulous storage process provides peace of mind, knowing that your future reproductive options are safeguarded with the highest standards of care.



# The Benefits of Egg Freezing



## Freedom to Focus on Career, Relationships, and Goals

Egg freezing provides the peace of mind to focus on your current priorities while allowing you to plan for your future family aspirations. It's a proactive step that puts you in control.

Balancing personal ambitions and family planning is a common challenge for modern individuals. Egg freezing bridges the gap, empowering you to pursue both without compromise.

## A Plan to Preserve your Fertility Potential

Freezing your eggs today preserves your fertility potential for years to come. It's an investment in your future, ensuring you have options no matter where life takes you.

By securing your fertility now, you gain flexibility to adapt to life's unexpected twists and turns. Whether your focus shifts to career, travel, or relationships, your fertility future remains open.

## Bank Your Eggs Before You Lose Them Due to Medical Reasons

Egg freezing can be a proactive option for women facing medical conditions or treatments that may affect their fertility, such as chemotherapy for cancer or autoimmune disorders. It may also be beneficial for individuals with a family history of early menopause or other fertility-related conditions.

By preserving your eggs before medical treatments or fertility related conditions take affect, you maintain the possibility of building a family later, regardless of their impact on your fertility.

## Egg Freezing Before Trans-Affirming Care

For individuals undergoing gender-affirming care, preserving fertility is an important consideration. Egg freezing offers an opportunity to safeguard future reproductive options before starting hormone therapy or undergoing gender-affirming procedures.

Hormone therapy and some surgical interventions may impact fertility. Egg freezing allows individuals to preserve their genetic material, providing the possibility of having biological children later in life. This can be especially important for those who wish to keep their family-building options open.

It's recommended to explore egg freezing before starting hormone therapy, as prolonged use of certain hormones may reduce ovarian function. If you're already undergoing hormone therapy, it may still be possible to preserve eggs with proper medical guidance.

## Supporting Your Journey

At Tripod Fertility, we provide inclusive and compassionate care tailored to the unique needs of trans and non-binary individuals. Our team works closely with you to ensure comfort and respect throughout the process.



# What Does It Cost?

## Breaking Down the Investment

In Ontario, all physician consultations for fertility assessments and egg freezing are covered by the Ontario Health Insurance Plan (OHIP). If there is a medical indication for egg freezing (i.e. cancer), the Ministry of Health will also fund your egg freezing cycle. In the absence of a medical indication, egg freezing cycles are typically private pay. Egg freezing costs typically include cycle monitoring, stimulation medication, egg retrieval, egg freezing, and long-term storage. This financial commitment is an invaluable investment in your future.

Each phase of the process carries specific costs, and understanding these in advance allows you to budget effectively. Clinics provide detailed pricing breakdowns to help you make informed decisions.

The cost of elective egg freezing with Tripod Fertility is outlined below. We offer one of the most affordable elective egg freezing options in the Greater Toronto Area, making this important choice more accessible for individuals planning for their future.:

Treatment	Cost
<b>Egg Freezing</b> Includes <ul style="list-style-type: none"><li>→ Cycle monitoring bloodwork and ultrasound visits</li><li>→ Egg retrieval</li><li>→ Egg freezing</li><li>→ First year of egg storage</li></ul>	\$5500
<b>Additional Fees (if needed)</b> <ul style="list-style-type: none"><li>→ Medication - depending on your protocol and body's response to stimulation</li><li>→ Storage after the first year</li></ul>	\$5000-7000 \$600/year

## Flexible Financing Options to Make It Accessible

Many clinics offer financing plans to make egg freezing accessible. Payment options can help ease the financial burden while ensuring you don't delay this important decision.

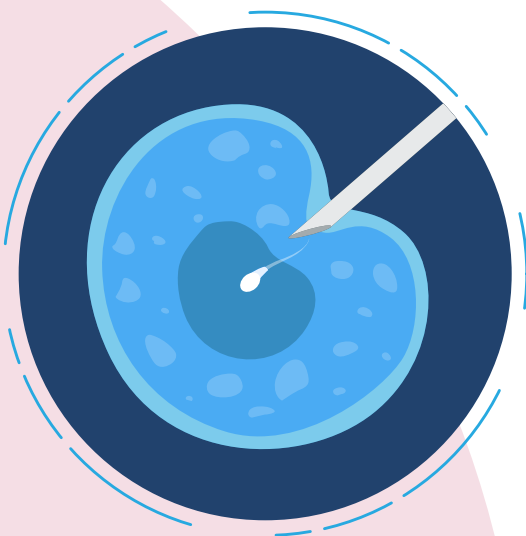
Tripod Fertility has partnered with Affirm so that you can access treatment, interest free, while paying at your own pace. [Learn more.](#)

## Proactive Steps: Checking Health Insurance Coverage

Some insurance plans cover medications or procedures related to egg freezing. Ask your clinic for a list of their commonly prescribed medications so that you can check with your provider to understand your benefits and reduce out-of-pocket costs.

Understanding your insurance benefits can make a significant difference. Many women find that a portion of the costs are covered, reducing financial stress.

# When You're Ready to Use Your Eggs



## The Thawing and Fertilization Process Explained

When you're ready to start a family, your eggs are thawed and fertilized with sperm from your partner or donor to create embryos. Your embryos are closely monitored and grown in the lab for approximately one week. You can choose to transfer one embryo at this time, or if you choose to pursue genetic testing, your embryos are frozen and stored for a future transfer.

Thawing and fertilization are delicate and precise steps. Partnering with a trusted clinic ensures a seamless transition from egg storage to embryo development.

## Embryo Transfer

Once embryos are created, they are transferred to your uterus in a simple, minimally invasive procedure. The embryo transfer cycles require much less time, monitoring, and medication compared to the egg freezing cycle.

Embryo transfer is a critical milestone in your fertility journey. Clinics provide guidance and support to help you navigate this phase with confidence.



## Choosing the Right Clinic for Egg Freezing

Finding the right clinic is a crucial first step. Here's what to look for in a fertility clinic:

- Transparency about egg freezing, its limitations, costs, and your suitability.
- Personalized care, education, and support to help you navigate your fertility preservation journey with confidence.
- Tailored treatment plans, medications, and protocols to maximize your success.
- Experience with patients in situations similar to yours.



# Your Next Steps

## Get Expert Guidance Tailored to Your Needs

At Tripod Fertility, we understand that every journey is unique. Our team is here to provide personalized advice and guide you through every step of the process.

By choosing a trusted fertility clinic, you'll receive compassionate and comprehensive support, from your initial consultation to post-procedure care.

## Start Your Journey with Tripod Fertility

Take the first step toward securing your future today. [Contact Tripod Fertility](#) for a consultation and discover how we can help you take control of your reproductive choices.

Your fertility journey is deeply personal, and choosing the right partner makes all the difference. Tripod Fertility is committed to empowering you with knowledge, support, and care.



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