

# Chill

## egg freeze

AUSTRALIA

### ESSENTIAL GUIDE

All you need to know about egg freezing





If you are contemplating elective egg freezing you have come to the right place. It is natural to have a number of questions, that's why we're here - to answer them and help you take charge of your reproductive future. So let's begin...

## Who are we?

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Chill is Australia's dedicated egg freeze service provider that empowers women regarding their future fertility options.

Our commitment is to deliver the easiest, safest, most flexible and affordable egg freeze program.

Chill has been created by City Fertility, one of Australia's leading IVF and fertility service groups with 7 clinics and over 40 fertility specialists nationwide. As a full-service IVF provider, City Fertility also provides expert advice and assistance when a woman is ready to use her frozen eggs and take the next steps towards parenthood.

City Fertility is part of CHA Medical Group, a leading healthcare operator and a premier global leader in fertility and women's health, with a presence now in Australia, USA and across Asia. CHA is a world leader in vitrification (rapid freezing) being the first in the world in 1998 to develop the vitrification method of oocyte (egg) cryopreservation, the now standard method of freezing eggs. Using this technology CHA opened the world's first commercial egg bank in 2002. CHA also offers one of the largest bio-freezing storage services in the world.

Together, City Fertility and CHA deliver world-renowned pioneering fertility technology and science, have over 60 years combined experience in the fertility industry and are leaders in pregnancy outcomes globally.

Who



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## Why freeze?

Whether you wish to focus on your career, study further, wait until you have found the right person, or simply are just not ready to start a family yet; elective egg freezing gives you the option to preserve your fertility to build a family when the time is right.

Elective egg freezing is also an option for couples (heterosexuals or same-sex) wanting to delay parenthood; as well as for birth designated females who are medically transitioning from female to male, but still want a chance to become a biological parent.

There are also a number of medical reasons that may lead a woman to consider egg freezing such as cancer, a genetic disorder or a family history of illnesses that could limit their fertility. Fertility preservation can provide peace of mind to these women, knowing that they have done all they can to maximise their chance of having a baby in the future.

Why



## Success rates

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Frozen eggs can be stored for many years prior to being thawed and fertilised, with the same success as eggs that are fresh.

With our team of specialists determining your current fertility health and creating a personalised treatment plan to suit your individual requirements, we will be able to provide you with the best possible outcome.

Our highly experienced specialists will discuss with you your chances of achieving a pregnancy, using frozen eggs, based on your personal circumstances.

## When to freeze?

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Whether you are in your early 20s or approaching your 40s, elective egg freezing provides you with options for your future fertility.

With the age of female eggs being a top determining factor of female fertility, we are here to help you take charge of your reproductive future while knowing your eggs are safely preserved and stored for when you're ready to start a new chapter in your life.

If you think you might want to have a family of your own someday but aren't ready now, freezing your eggs allows you to keep your options open.

There are a number of factors that can affect a woman's fertility. The vast majority of women are unaware of their current fertility health status, so we would encourage you to understand where you are today, prior to making any decisions about your future fertility. Contact our team to organise an initial consultation.

*When*

# How

## Getting started

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### Initial consultation

Before proceeding, it is important to know and understand your current fertility health. Therefore, you will be required to book an initial consultation with one of our highly trained nurse coordinators.

At your first appointment, you will discuss your medical history and arrange some pre-screening tests to better understand your current fertility health. Once this has been determined, your specialist will outline your egg freeze treatment plan.

Please note the fertility specialist reserves the right to decide the suitable age for egg freezing. All consultations and treatments will be carried out at City Fertility.



“Invest in  
your future

**Know where  
you are  
today for a  
better future  
tomorrow...**

# Understanding the process

In egg freezing, a woman's mature eggs are developed and removed using standard IVF techniques, which involves:

**Ovarian Stimulation** – the ovaries are stimulated, to grow multiple eggs, using various medications. The response of the ovaries is monitored with ultrasounds and/or blood tests, to assess the size and quantity of follicles. In order to assist with the final maturation and the loosening of the egg from the follicle wall, an injection of Human Chorionic Gonadotrophin (hCG) – AKA the trigger – is administered. This is a time-dependant process and critical to the successful collection of eggs.

**Egg Retrieval** – this is performed 35–38 hours after “the trigger” under ultrasound guidance and takes place, while you are sedated. The number of eggs retrieved in a single stimulation cycle will depend greatly on your health, age and how well you respond to the medications. Your specialist will plan and tailor your treatment with these, and other factors in mind.

As with all medications and medical procedures, side effects and potential risks are involved. We encourage you to discuss these with your treating specialist.

**Freeze it and leave it until you are ready** – your eggs are frozen using a world-renowned technique, commonly known as “Vitrification.” This state-of-the-art technique was pioneered by City Fertility's partner CHA Medical group and is used in clinics world-wide as standard clinical practice.

Your frozen eggs will be stored at City Fertility. City Fertility has a 10-year storage limit. You can apply for an extension by contacting us as you reach the 10-year mark, our team will be happy to guide you through the process. In the mean-time, we will take good care of them.

City Fertility follows egg storage guidelines recommended by the National Health and Medical Research Council (NHMRC Ethical Guidelines 2017).



## And when the time is right, we will be here for you...

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With a network of clinics in Australia, USA and across Asia, you can have access to a dedicated team of specialists located in convenient locations, to guide you towards your goal of parenthood.

Together with City Fertility, we offer a wide range of options for couples and individuals, including:

- Egg thawed and inseminated using Intracytoplasmic Sperm Injection (ICSI) to create embryos for transfer
- Access to donor sperm
- Partner IVF for lesbian couples

City Fertility's network of services and fertility solutions cater to all lifestyles and needs including Sperm Donors Australia (SDA), Egg Donors Australia (EDA) and Rainbow Fertility (LGBTI service).

Once you are ready to go ahead, a scientist will thaw your eggs and fertilise them with sperm (partner/donor) to create embryos. These are then cultured for several days, after which the embryo is transferred into your uterus and hopefully develop into a successful pregnancy.

Any additional embryos that are created, as long as they are suitable, will be frozen for your future use.

To arrange a fertility consultation to discuss your options on using your frozen eggs contact our team.



“Freeze it and leave it  
until you are ready



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## Pricing

“No interest ever flexible payment plan\*

Wondering how much elective egg freezing costs? We make it easier for you to take control of your reproductive future, by freezing your eggs, without compromising on the quality of care and service.

We offer flexible payment plans, so financial barriers won't be an issue.

For further information on our pricing and plans please visit the Cost page on our website or contact our advice team on 1300 215 332.

\*Payment plan to approved applicants only; fees, conditions, minimum amounts and exclusions apply. Payment plan provided by Certegy Ezi-Pay Pty Ltd ABN 28 129 228 986.

## Where to now?

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### Contact us today

Still have questions? Contact our advice team on the number provided below.

### Book an appointment

Let's get started. Book an appointment by giving us a call on the number below. Our team will help you get started at a pace that suits you.

**P** 1300 215 332  
**F** 1300 346 043  
**E** [contact@chilleggfreeze.com.au](mailto:contact@chilleggfreeze.com.au)  
**W** [chilleggfreeze.com.au](http://chilleggfreeze.com.au)



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