



Your guide to egg freezing

Your timeline, your choice, your eggs

Welcome

You might be here because you're curious, weighing up your options or simply wanting to understand egg freezing a little better. Whatever brought you to this guide, we're glad you found it.

Inside, you'll find straightforward information on how egg freezing works, what to expect, what influences success and how to decide whether it's something you want to explore.

No rush, no pressure.

Let's begin.



Contents

Click where
you want to go



- 3 [Is Egg Freezing Right For Me?](#)
- 5 [Understanding Egg Freezing](#)
- 6 [The Egg Freezing Process](#)
- 7 [What To Expect Day-to-Day](#)
- 9 [What Happens With Your Eggs?](#)
- 11 [Success Factors](#)
- 13 [Preparing For a Cycle](#)
- 15 [Meet the Create Fertility Specialists](#)
- 16 [FAQs](#)

Is Egg Freezing Right for Me?

There are so many reasons why you may be considering egg freezing. Below are just some of the reasons we see at Create Fertility:

- You're in a committed relationship but not ready
- You have a medical or genetic condition
- You're single in your early-to-mid 30s
- You have career and travel on your mind
- You're recently separated or starting over

At the end of the day, only you will know if it's something you want to do. Not your doctor, not your family, not your friends, *you*.



Questions to Help You Reflect

What matters most to me right now?

Do I want to understand my fertility more clearly?

Am I thinking about egg freezing because I want choices later?

Would having frozen eggs ease some of the pressure I feel around age or timing?

Do I want time to find the right partner, or to feel ready within myself?

Understanding Egg Freezing

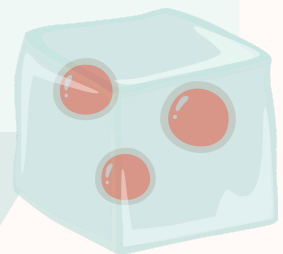
Egg freezing (fertility preservation) allows you to store your eggs at their current quality so you can use them later if you need to. It's often described as 'pressing pause' on your biological clock. It's not perfect, not guaranteed, but a meaningful way to preserve your options.

What it does

- Preserves the age of your eggs
- Gives you more time to make decisions about relationships and family
- Helps reduce the pressure that many women feel around timing
- Can support future IVF if needed

What it doesn't

- Guarantee a future pregnancy
- Replace the importance of age when using the eggs later
- Solve all fertility issues (but it may help you plan for them)



For many women, egg freezing is less about certainty and more about creating space for the life they're building.

The Egg Freezing Process

Assessment



Your fertility journey begins with a one-on-one consultation to review your overall health, ovarian reserve, and reasons for considering egg freezing. This is your opportunity to ask questions and explore whether egg freezing is the right choice for you. If you decide to proceed, the process can begin with your next menstrual cycle.

Stimulation



Over a period of about two weeks, you'll take hormone injections that gently stimulate your ovaries to encourage several eggs to mature instead of just one. Your experienced fertility nurses will guide you through administering the injections and closely monitor your progress to support healthy egg development.

Trigger



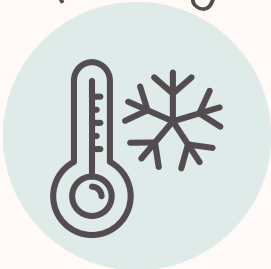
An ultrasound will determine when your follicles have reached the right size for egg collection. Once your follicles are at the right size, you'll receive instructions to take a trigger shot to induce ovulation, given approximately 36 hours before your egg retrieval. This is the final injection and given at home at night.

Collection



Once your eggs are ready, they'll be collected by a fertility specialist during a short hospital procedure under light sedation, this means you'll be asleep and won't feel or remember anything. The procedure typically takes 10–15 minutes, followed by a brief recovery period before you can return home. Because of the sedation, you'll need someone to drive you home.

Freezing



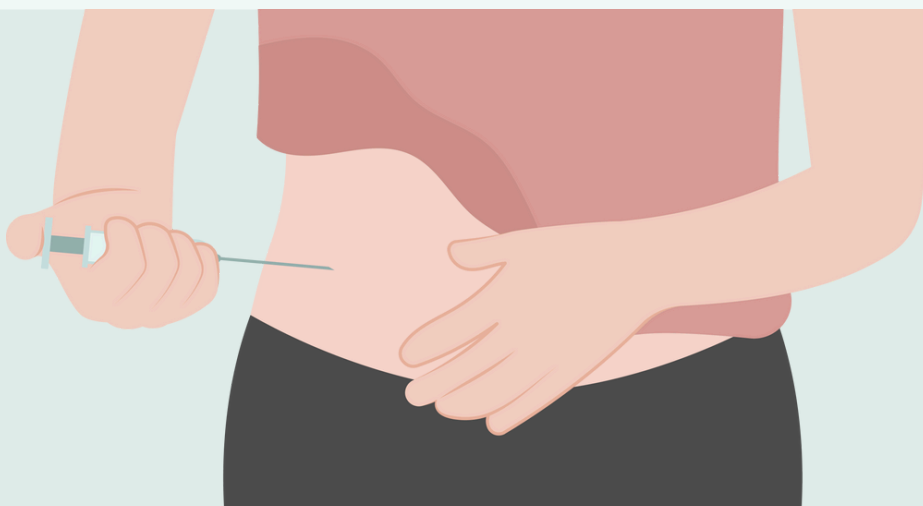
After collection, embryologists assess each egg for maturity. All suitably mature eggs are then rapidly frozen and safely stored on-site using liquid nitrogen in a highly reliable process known as vitrification.

What to Expect Day-to-Day

Undergoing any kind of fertility treatment can feel like a lot, but understanding what to expect can make it easier. While every body responds differently, most people continue with their usual routines with just a few small adjustments.

Before egg collection

- You'll self-administer a daily injection (don't worry it's only small!). The first day can be daunting, but most people report getting used to it quickly.
- Mild side effects may include bloating, pelvic heaviness or breast tenderness due to the hormonal stimulation.
- Some people feel more fatigued than usual, while others report feeling energetic, everyone responds differently.
- It can help to schedule injections at the same time each day, and our lovely nurses will provide training and support for your first dose.



At The Clinic



- Ultrasounds and blood tests are frequent during stimulation (every few days) but typically quick.
- Create Fertility offers early morning appointments to accommodate work schedules.
- Most people continue their usual routine with minor adjustments. However, it's wise to listen to your body and rest if needed.
- Your team will monitor your response closely to adjust medications if necessary.

After Egg Collection



- The procedure is done under light sedation or general anaesthetic, so you'll need someone to drive you home.
- Expect mild cramping or pelvic discomfort for 24–48 hours. This is generally manageable with over-the-counter pain relief.
- You can typically return to gentle activities the next day but should avoid intense exercise or heavy lifting for a few days.
- Some may experience spotting or temporary bloating. If pain or symptoms feel unusual or worsen, always contact your clinic.

What Happens With Your Eggs?

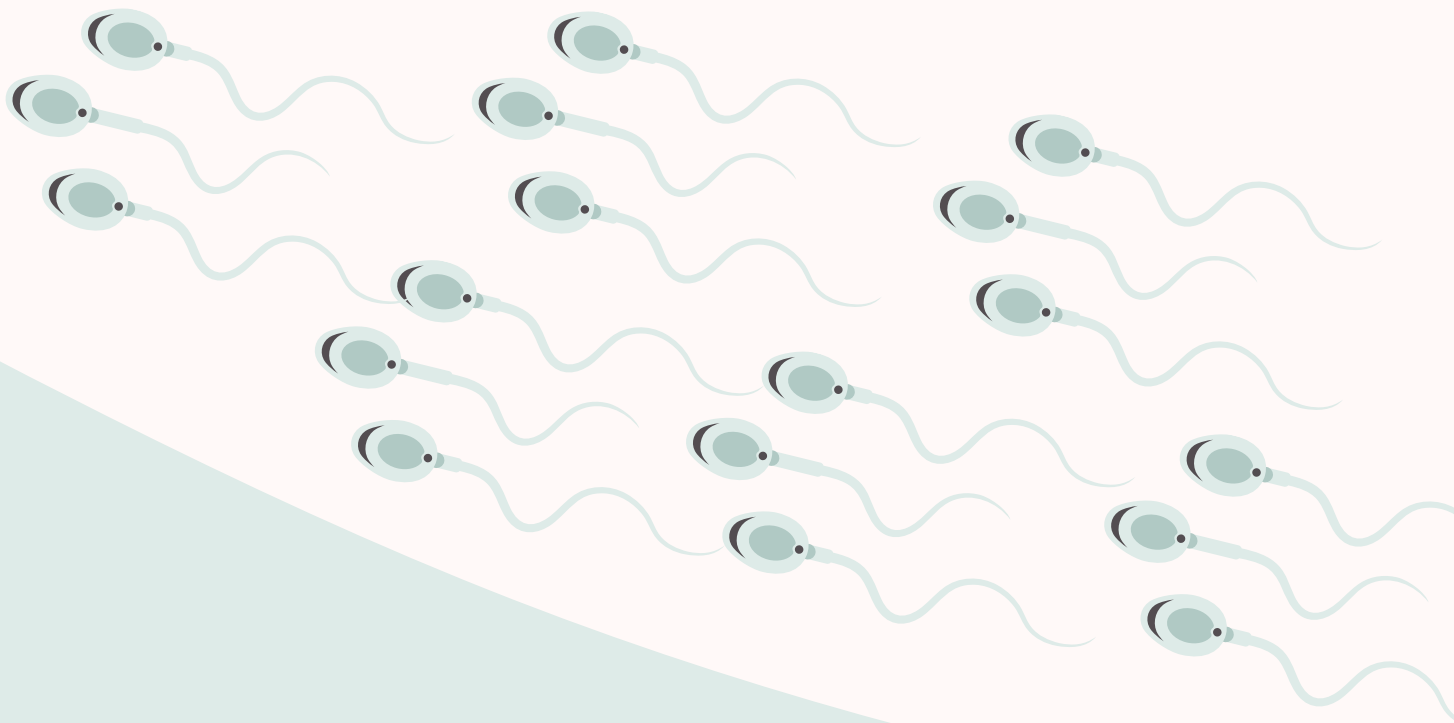
Storing Your Eggs

Your eggs are stored on-site in our Mount Waverley embryology lab, under strict temperature-controlled and security-monitored conditions.

After 10 years, we'll be in touch to talk through your options. This may include continuing storage, using your eggs in treatment or making a different decision that feels right for you at that time.

There's no pressure. Our role is to give you clear information and support, so you can decide what next looks like when you're ready.





Using Your Eggs

When you decide you're ready to try for a pregnancy, your fertility specialist will support you through thawing, fertilisation and embryo transfer.

Your frozen eggs will be gently warmed, then fertilised using either your partner's or donor sperm. If fertilisation succeeds and a healthy embryo develops, the embryo may be transferred to your uterus.

It is important to understand that freezing eggs does not guarantee a baby. Not every thawed egg will fertilise, not every embryo will implant or result in a pregnancy. At Create Fertility, we commit to using the best science and care to give you the greatest possible chance.

Success Factors

How many eggs should I freeze?

Not every egg becomes an embryo, and not every embryo becomes a pregnancy, many women choose to freeze multiple eggs to preserve future options.

20s: Typically the most fertile window

Women in their 20s usually have high egg quality and strong ovarian response, meaning they often reach a good egg number with fewer stimulation cycles.

Typical quantity: 10–20+ mature eggs per cycle

Cycles needed: Often 1 cycle is enough

Early 30s: Still strong with a balance of quality and yield

Egg quality is still high and the numbers retrieved per cycle remain favourable, making this a commonly recommended time to freeze.

Typical quantity: 8–15 mature eggs per cycle

Cycles needed: 1–2 cycles may be enough depending on goals



Mid 30s: Egg quality starts to decline and quantity may drop

Because both quality and quantity begin to dip, more eggs (or more cycles) are often needed to reach the same chance of success as someone younger.

Typical quantity: 5–12 mature eggs per cycle

Cycles needed: Often >1 cycle needed to bank enough eggs

Late 30s: Still an option, but results are less predictable

Freezing is still possible, but egg numbers vary widely, egg quality declines more sharply, and multiple cycles may be required. Success rates become less predictable.

Typical quantity: 4–8 mature eggs per cycle (can vary more)

Cycles needed: Multiple cycles are commonly required

Egg Quality = Age

As women age, both the number and quality of their eggs gradually decline, particularly after age 35. This can reduce the chances of fertilisation and increase the risk of chromosomal abnormalities in embryos. By age 40, fewer high-quality eggs typically remain, which can make it more difficult to conceive.



Preparing for a Cycle

Preparing for an egg freezing cycle is about giving your body a calm, supported environment so your ovaries can do their best work.

You don't need to be perfect. You don't need a strict plan. And you certainly don't need to 'earn' your way into a good cycle. These suggestions are here to help you feel steady and prepared, not pressured.

A little preparation now can make the process feel smoother, more predictable, and more in your control.



Pre-Cycle Checklist

The weeks leading up to a cycle are a great time to support your overall health.



Prioritise sleep



Reduce alcohol



Quit smoking and vaping



Maintain balanced nutrition



Optimise Vitamin D



Manage stress

Managing stress could involve going for walks, meditating, speaking to someone, journaling or whatever works for you!

You can also consider taking supplements in this time. Speak to your doctor first about what they would recommend for your specific needs.

Meet the Team

Create Fertility Specialists

Dr Mei Cheah



Dr Scott Pearce



Dr Tom Manley



Dr Haider Najjar



Dr Sugandha Kumar



Dr Jessica Holden



Dr Serag Youssif



FAQs

Is egg freezing covered by Medicare?

Treatment is partially covered by Medicare in cases of medical egg freezing. These are situations where patients have been diagnosed with a medical condition or are undergoing a treatment that may impact their current or future fertility, and preservation is important. In these situations, you may be eligible for an egg freezing Medicare rebate. Medicare does not offer any cover for elective egg freezing.

Want to chat to us about payment plans?
[Book in a free Cost & Care chat with our Patient Liaison Team.](#)

Should I freeze eggs or embryos?

The choice between egg and embryo freezing depends on your individual circumstances and goals. Both allow you to preserve your options for the future, but they each have distinct advantages and considerations. Embryos are created when an egg and sperm are fertilised and frozen, while egg freezing allows you to create embryos later in life when you are ready (with either a partner or donor sperm). Egg freezing may be considered a more accessible option, as it can be pursued without immediate plans for growing a family and offers more flexibility in planning a pregnancy than embryo freezing. Both are useful options for family planning. It is important to look over all your options and talk through them with our fertility specialists to determine which is most suitable for you.

How much does egg freezing cost?

The overall cost of freezing eggs will depend on several factors, including the costs of medications and ongoing storage fees as well as the regular cycle fee.

[Find out more about our estimated out-of-pocket Melbourne egg freezing costs.](#)

How successful is IVF with frozen eggs?

When it comes to success rates, there are several factors to take into consideration, including the age of the patient when eggs were retrieved; the quality of eggs and sperm used within treatment; the number of eggs that were retrieved and frozen; and any underlying health or fertility issues. In short, the chances of achieving a successful pregnancy through IVF treatment with frozen eggs are comparable to using 'fresh' eggs as the likelihood varies depending on the age of the egg.

Is egg freezing painful?

Freezing your eggs involves several steps — ovarian stimulation, retrieval, and preservation. During stimulation, the hormone injections may cause some minor pain but it is likely to be minimal. The egg retrieval procedure should be painless, as it is conducted under anaesthesia, but there may be some discomfort after waking up including cramping, soreness, and spotting. Pain relief and heat pads should be able to reduce any discomfort.

Can you test your fertility potential?


The anti-Mullerian hormone (AMH) test can be used to estimate how many eggs you have remaining in your ovaries, which is done by a simple blood test. This provides a relative gauge of your fertility but, unfortunately, cannot predict how healthy your remaining eggs are or whether you will be able to fall pregnant.

[Find out more about the Egg Reserve Test.](#)





**create
fertility**

Made with science + love


 039873 6789

 info@createfertility.com.au

 www.createfertility.com.au

 359 Blackburn Road Mount Waverley VIC 3149

 226 Clarendon Street East Melbourne VIC 3002

 Suite 3/72 Gloucester Avenue Berwick VIC 3806