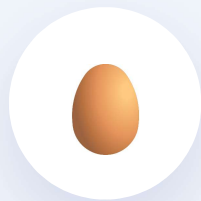




MEDICAL CONSULTATIONS ONLINE

FREE GUIDE



YOUR FERTILITY, YOUR TIMELINE

The Calm Guide to Egg Freezing

Everything you actually need to know – how it works, what it costs, and how to decide – explained warmly and without the jargon.

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Advanced Clinical Practitioner • MRPharmS, PGDip, IP

Hello, and well done for being here.

If you've picked up this guide, you're probably weighing up a big, personal decision – and maybe feeling a little overwhelmed by everything online. That's completely normal.

Egg freezing isn't about pressure or panic. It's simply a way of giving your future self more options. My goal here is to explain it clearly, honestly, and without the scary jargon – so you can decide what feels right for *you*.

Take it at your own pace. There's no "right" answer – only the one that fits your life, your body, and your timeline.



**Our clinics are
HFEA-licensed &
regulated**



**Safe storage for
up to 55 years**



**Closely
monitored care**



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Contents

01	What egg freezing actually is	04
02	The process, step by step	05
03	The best age & success rates	06
★	Featured: the VIOLET AI egg report	07
04	What it really costs	08
05	Myths vs facts	09
06	Questions to ask your clinic	10
07	Real stories & quick answers	11
08	Your next-steps checklist	12

What egg freezing actually is

In plain terms: egg freezing (the clinical name is **oocyte cryopreservation**) collects some of your eggs, freezes them at a moment when they're healthy, and stores them so you can use them later.

Think of it as pressing pause. Your eggs don't age while they're frozen — so a 32-year-old who freezes today preserves 32-year-old eggs, even if she uses them at 39.



It preserves time

Egg quality and quantity naturally decline with age. Freezing protects today's eggs for tomorrow.



It buys you freedom

No rush to find the right partner or the "perfect" moment. You keep your options open.



More than a lifestyle choice. Egg freezing is also used to protect fertility before medical treatments — such as chemotherapy or radiotherapy — that can affect the ovaries. If that's your situation, speak to your clinician as early as you can.

The process, step by step

Start to finish, one cycle usually takes around **two to three weeks**. Here's what to expect.

1

Consultation & tests

Day 0

A chat about your goals plus blood tests and a scan to check your ovarian reserve – this shapes your personal plan.

2

Ovarian stimulation

~10–12 days

Daily hormone injections (you do these at home) gently encourage your ovaries to mature several eggs at once instead of just one.

3

Monitoring

Throughout

A few short scans and blood tests track how your follicles are growing, so your dose can be fine-tuned.

4

Egg collection

~20 mins

A quick procedure under light sedation. Eggs are gently retrieved with a fine needle – most people go home within a couple of hours.

5

Freezing & storage

Same day

Mature eggs are flash-frozen (vitrified) and safely stored until you're ready to use them – for years if needed.



Is it safe? Egg freezing is a routine, well-established procedure. The main thing your team watches for is **OHSS** (ovarian hyperstimulation syndrome) – an over-response to the stimulation medication. Your dose is monitored throughout and adjusted to keep you comfortable and safe.

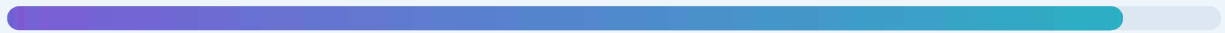
The best age & success rates

The honest headline: **younger eggs work better**. But “best” also means when it’s right for your life. Here’s the guidance most clinics agree on.

Chance of a live birth, per egg frozen

Under 35

Best odds



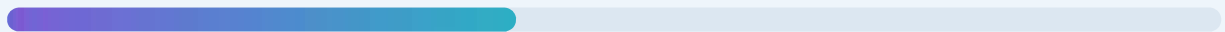
35–37

Good



38–40

Lower – may need 2 cycles



The sweet spot is your late 20s to mid 30s. Freezing before 35 generally means more eggs, higher quality, and fewer cycles needed. After 38, you may need more than one round.

When you’re ready to use them

Your eggs are thawed, fertilised with sperm in the lab (IVF or ICSI), and grown into an embryo over a few days before being gently transferred to your womb – the same proven IVF step used in clinics every day.

Meet VIOLET – your AI egg-quality report



Most success rates are *averages* based on your age. **VIOLET** is different. Through a specialist clinic we work with in London, this AI-driven analysis looks at microscopic images of *your* retrieved eggs and turns them into personalised statistics – so your decisions are based on your own biology, not a population average.



Imaged, not guessed

AI evaluates microscopic images of each egg the lab retrieves.



Personal viability

Statistics on the future viability of your specific eggs.



Live-birth odds

A personalised estimate of live-birth probability.



Why it matters: knowing the real picture for your own eggs helps you decide whether one cycle is enough – or whether a second round would meaningfully improve your odds. Ask us about a VIOLET referral when you book.

What it really costs

Our referral clinics price egg freezing in clear, all-in packages – each one **includes your medication and scans**, so there are no surprise add-ons. Choosing more than one cycle up front lowers the cost per cycle.

1 cycle

£5,349

Includes medication & scans

£5,349 per cycle

MOST POPULAR

2 cycles

£9,449

Includes medication & scans

Save £1,249

3 cycles

£13,349

Includes medication & scans

Save £2,698 • best value



Worth budgeting separately: your initial consultation & fertility tests, and egg storage of roughly £250–£400 per year after the first year. We'll always give you the full breakdown before you commit.

Myths vs facts

✗ **“Freezing your eggs guarantees a baby later”**

- ✓ It improves your chances but isn't a guarantee. Think of it as insurance that stacks the odds in your favour, not a certainty.

✗ **“The injections will mess up my hormones long-term”**

- ✓ The medication works within one cycle and clears your system afterwards. There's no evidence it affects long-term fertility or menopause timing.

✗ **“It uses up the eggs I'd have had naturally”**

- ✓ Each month your body loses a batch of eggs anyway. Freezing simply rescues some that would otherwise be lost – it doesn't bring menopause closer.

✗ **“I'm too old / too young to bother”**

- ✓ Late 20s to mid 30s is ideal, but the right time is personal. A quick test of your ovarian reserve gives you real numbers to decide on.

✗ **“Frozen eggs don't work as well as fresh ones”**

- ✓ Modern flash-freezing (vitrification) has changed this. Large studies now show eggs frozen this way can lead to pregnancies at rates comparable to fresh eggs.

Questions to ask your clinic

A good clinic will welcome these. Screenshot this page and take it to your consultation.

- What's your live-birth success rate for someone my age?
- How many eggs do you recommend I aim to freeze?
- Is it likely I'll need more than one cycle?
- What's included in your quoted price – and what isn't?
- How and where are the eggs stored, and how long for?
- What are the storage fees after the first year?
- What support is there during the injection stage?

Real stories & quick answers

“

I froze my eggs at 33. I wasn't in a rush to have kids – I just didn't want my biology making the decision for me. Best money I ever spent on peace of mind.

– Louise, froze at 33

Does it hurt?

The injections feel like a small pinch, and collection is done under sedation so you won't feel it. Mild bloating or cramping afterwards is the most common side effect.

How many eggs should I freeze?

It depends on your age, but many clinics aim for around 15–20 mature eggs to give a realistic chance of a future pregnancy. This may take more than one cycle.

How long can eggs stay frozen?

In the UK you can store eggs for up to 55 years, with renewed consent every 10 years. Quality doesn't degrade while frozen.

Your next-steps checklist

No pressure to do it all at once. Tick these off whenever you're ready.

☐

Choose the right clinic for you

Look for an HFEA-licensed clinic that explains costs clearly and answers your questions. Not sure where to start? We can help you find the right fit.

[Medical Consultations Online →](#)

☐

Know your numbers

Ask for your egg count estimate and a realistic plan for how many cycles you might need.

☐

Get an all-in quote

Including medication, storage and any repeat-cycle costs, so there are no surprises.

☐

Sort the practical bits

Plan around 2 weeks of appointments and a day off for collection.

☐

Look after you

Rest, hydration and a little support from friends go a long way during the cycle.

☐

Talk to an expert

A short consultation answers the questions a guide can't – book one when you're ready.

YOU'VE GOT THIS

Ready to talk it through with someone?

This guide is yours, free. When you're ready for answers tailored to you, book a relaxed, no-obligation consultation with our team – we'll look at your options and help you decide what's right, at your pace.

Book your free consultation →

Visit medicalconsultationsonline.co.uk/egg-freezing



MEDICAL CONSULTATIONS ONLINE

This guide is general information, not medical advice – please read the full disclaimer on the next page.

Important information & disclaimer

General information only. This guide is provided by Medical Consultations Online (MCO+) for general educational and informational purposes only. It is not medical, clinical, legal or financial advice, and must not be relied upon as such.

No clinician–patient relationship. Reading this guide does not create a clinician–patient relationship and is not a substitute for a personal consultation with a qualified doctor, pharmacist or fertility specialist who can assess your individual circumstances, medical history and needs.

Individual results vary. Every person is different. Any success rates, timelines, age guidance and outcomes described here are general illustrations drawn from published data and typical clinical experience – they are not predictions or guarantees of any particular result. Egg freezing does not guarantee a future pregnancy or live birth.

Costs are indicative. Prices and packages are examples only, may change without notice, and can vary by clinic, individual treatment plan and circumstances. Always obtain a full written quotation before committing to any treatment.

Third-party services. References to specific services, clinics or tools (including the VIOLET report) are for information only, do not constitute endorsement, and availability may change. Such services are provided by independent third parties subject to their own terms, eligibility criteria and assessments.

Regulation may change. Egg freezing in the UK is regulated by the Human Fertilisation and Embryology Authority (HFEA). Regulations, storage limits and clinical guidance can change over time; always check the current position with your clinic and the HFEA.

Always seek professional advice. Always consult your GP or a suitably qualified clinician before making any decision about your fertility or health, and never disregard or delay seeking professional advice because of something you have read here. If you have an urgent medical concern, contact your GP, NHS 111 or the emergency services.

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