



Fertility Preservation: Oocyte (Egg) Preservation

About Fertility Preservation

Your health and well-being are important to us.

Because you may receive a treatment that could affect your future fertility, we want you to understand your fertility preservation options. Fertility preservation for patients with ovaries means saving eggs so they can potentially be used to have future children genetically related to them. Collecting eggs can take time, so the process should begin as soon as possible.

If you choose to move forward, our fertility specialists at Kaiser Permanente's Centers for Reproductive Health offer a fertility preservation program. The basic steps of a fertility preservation cycle for egg freezing are:

- **Patient consultation** – You'll have an appointment to discuss your fertility preservation options.
- **Complete blood tests** – You'll receive a series of blood tests before starting and during treatment.
- **Ovarian stimulation** – Medications will be prescribed to stimulate multiple eggs to develop in your ovaries.
- **Egg retrieval** – You'll have a minor surgical procedure with anesthesia where ultrasound guidance is used to retrieve eggs from the ovaries.
- **Preservation** – Your retrieved eggs are frozen by a Kaiser Permanente embryologist, a scientist specializing in the handling of eggs, sperm, and embryos.
- **Storage** – Your frozen eggs are stored for future use.

If or when you're ready to start a family, your frozen eggs can be thawed and then fertilized by your partner's sperm or a donor's sperm to create embryos.

These embryos can be transferred to your uterus, or with additional testing, to a partner's or surrogate's uterus to attempt pregnancy.

We know there's a lot to consider. We're here to help guide you through this important decision.

Frequently Asked Questions

Are fertility preservation services covered?

Coverage for fertility preservation and related services varies depending on your health plan. To determine which services are covered, review your policy or call Member Services at 800-464-4000.

Where can I learn more about fertility preservation?

You can learn more about fertility preservation by visiting these websites:

- American Society for Reproductive Medicine (ASRM) at [reproductivefacts.org](https://www.reproductivefacts.org)
- Kaiser Permanente's Centers for Reproductive Health at [kpivf.com](https://www.kpivf.com)

What's the recommended number of eggs to freeze?

Depending on your age, you may need up to 30 eggs to increase the chances that a treatment cycle will result in a live birth. It's important to know that various factors play a role in future fertility. Even when enough eggs are retrieved, this doesn't guarantee future fertility.

How does my age impact my chances for a successful egg freezing cycle?

As you age, you have fewer eggs, and the eggs you have are of poorer quality. This means these eggs are less likely to result in a pregnancy. By age 40, each egg freezing cycle may yield only a couple of eggs, and each egg has a very low chance of developing into a baby. Overall, the younger you are at the time of egg freezing, the better the chances of becoming pregnant.

Is fertility preservation recommended if my uterus will be removed (hysterectomy)?

In most cases, if you're having a hysterectomy but are keeping your ovaries, fertility preservation isn't necessary prior to surgery. If your doctor plans additional treatments that may affect the ovaries, then fertility preservation may be recommended for you.

What are the risks of an egg retrieval procedure?

An egg retrieval is a minor surgical procedure that's generally safe. Potential risks include pain, infection, or mild bleeding from the ovaries or pelvic vessels, and injury to organs near the ovaries. However, the overall risks are very low.

Locations

We have Centers for Reproductive Health located throughout Northern California. All fertility preservation procedures are done at the Fremont and Sacramento locations.

Fremont Center for Reproductive Health

39141 Civic Center Drive, Suite 350
Fremont, CA 94538
(510) 248-6900

Sacramento Center for Reproductive Health

Point West Medical Office Building
1650 Response Rd., Suite 1A
Sacramento, CA 95815
(916) 614-4113

Oakland Office

3779 Piedmont Ave., 3rd Floor
Oakland, CA 94611
(510) 752-6893

Santa Clara Office

Arques Medical Offices
1263 East Arques Ave.
Sunnyvale, CA 94085
(408) 530-6800

San Francisco Office

2238 Geary Blvd., 7th Floor
San Francisco, CA 94115
(415) 833-3439

San Ramon Office

2300 Camino Ramon, 1st Floor
San Ramon, CA 94583
(925) 244-7260

Vacaville Office

1 Quality Dr., A31
Vacaville, CA 95688
(707) 624-3215

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.