

# Fertility Preservation Steps for Transmasculine Patients

(Currently Undergoing Hormone Therapy)

Your physician has determined that you may be a candidate for fertility preservation due to your treatment plan for gender-affirming hormone therapy and/or oophorectomy (removal of ovary/ovaries), both of which may lead to infertility.

Fertility preservation is the retrieval of oocytes, or eggs, from the ovaries. The eggs are then frozen to preserve them for future use.

The oocyte retrieval procedure requires several steps of preparation before you start your gender-affirming treatment plan. The fertility preservation process may last 8 to 10 weeks. Please read the outline of steps below and refer to your physician for any questions and/or concerns.



## Step 1: CONSULT

You will complete a consult with a Reproductive Endocrinology specialist. Consult can be in person, via telephone, or via video visit.



## Step 2: SUSPEND HORMONE THERAPY

If you are already on testosterone hormone therapy, you will need to suspend it for 4 to 6 weeks before the procedure. Side effects may include mood changes and/or return of menstruation.



## Step 3: OOCYTE RETRIEVAL PREPARATION

In order to make sure there are viable eggs to retrieve, you will receive a series of blood draws, self-administered medication injections, and undergo several transvaginal ultrasounds.

- Blood will be drawn at several, or all, office visits to check estrogen levels (typically 3 to 8 draws). This will allow the physician to determine when estrogen is at optimum egg retrieval levels.
- Medications may vary and will cause elevations in your estrogen levels. You will be taught to administer your own medications through routine injections.
- You will undergo multiple transvaginal ultrasounds (this type of ultrasound involves inserting an ultrasound probe into your vaginal canal).



## Step 4: OOCYTE RETRIEVAL PROCEDURE

Once the physician has determined that the eggs are ready to be retrieved, several steps will be taken. The procedure:

- Will be conducted at a contract (non-Kaiser Permanente) facility
- Will be outpatient and will take approximately 30 minutes
- Will require an intravenous anesthetic to help you relax and block pain
- Will require a transvaginal retrieval (physician will go in through the vagina to retrieve eggs)

DISCLAIMER: If you are experiencing anxiety, depression, or mood changes please contact your gender therapist or mental health provider