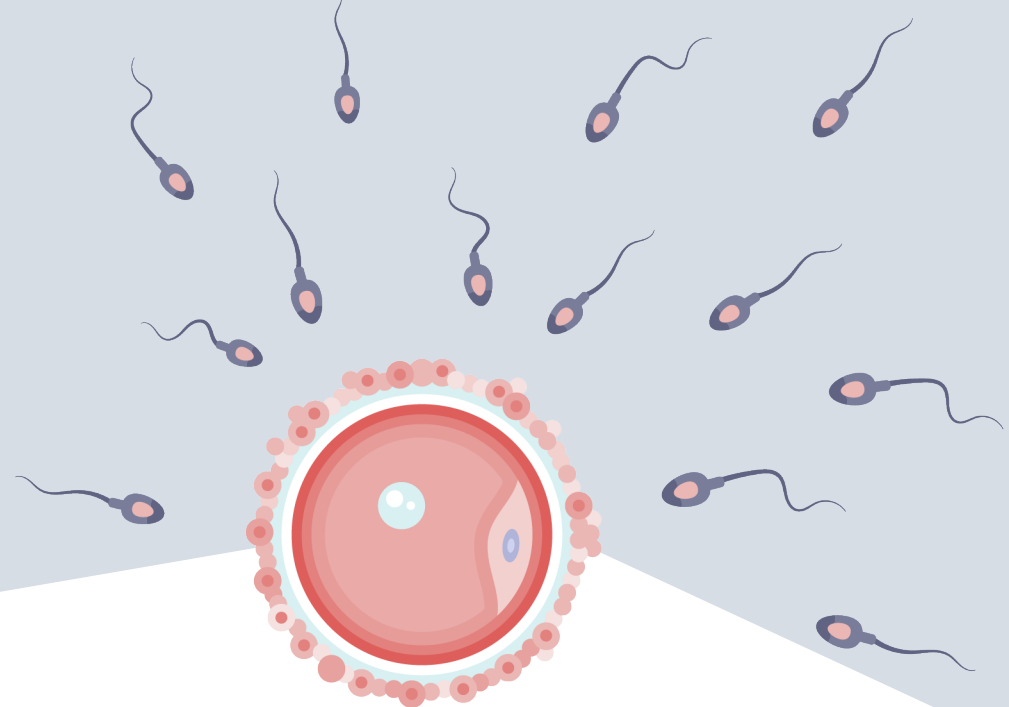




# Elective Egg Freezing



## What is Elective Egg Freezing (EEF)

EEF is offered to women who wish to preserve their fertility due to age-related fertility decline. The process involves hormonal stimulation of the ovaries followed by a minor surgery called an oocyte (egg) retrieval and cryopreservation (freezing) of the collected oocytes (eggs) for future use.



## Why Should I Freeze My Eggs?

### + Age

Fertility declines as women get older. This decrease is due to a reduction in egg quantity and quality with increasing age.

### + Personal circumstances

Career goals or lack of a suitable partner can make it challenging to have a child at the present time. Freezing your eggs offers an option of having a child at a later stage of life.

### + Medical reasons

Some medical conditions (e.g. chemotherapy) may affect your reproductive health and EEF can provide a safe option for women to maintain their ability to conceive in the future.

## When Can I Freeze My Eggs?

In Singapore, women at least 21 years of age but below 38 years of age are able to freeze their eggs for non-medical reasons. However, only legally married couples will be able to use the frozen eggs for procreation.

You are also required to store the frozen eggs minimally for 3 years before you can do the following:

- Dispose the eggs
- Allow them to be used for research purposes
- Transfer to another centre or donate them

# What Tests Will I Need to Undergo Prior to Egg Freezing?

The fertility specialist will meet with you for consultation and arrange the following tests:

- Ovarian reserve testing through ultrasound and blood tests
- Reproductive hormone blood tests
- Infectious disease screening

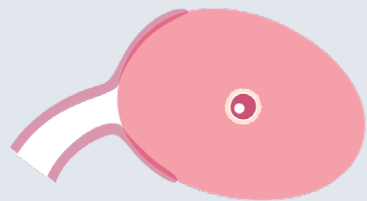
# What are the steps for EEF?

## STEP 1: Stimulate ovaries to produce eggs by achieving the growth of multiple follicles (Controlled Ovarian Stimulation)

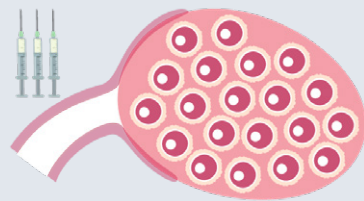
All ovaries contain follicles in varying sizes. Ideally, there is one egg in each follicle, although this may not always be the case.

**In a natural menstrual cycle**, only **one follicle** develops. When it grows to a large size, this follicle ruptures, releasing the egg into the fallopian tube (ovulation).

**In a controlled ovarian stimulation**, the goal is to achieve the growth of **multiple follicles** while preventing ovulation from occurring so these eggs can be retrieved later on.



Natural Cycle

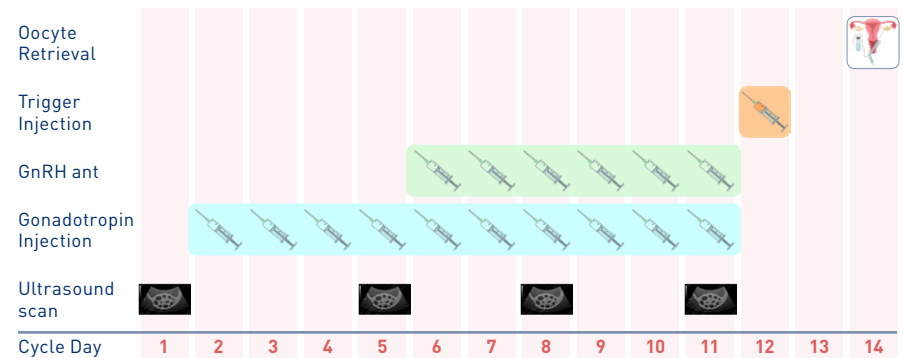


Controlled Ovarian Stimulation

Controlled ovarian stimulation is done through:

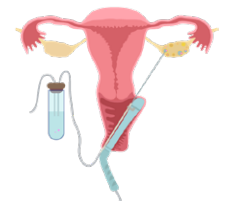
- **Hormonal injection (gonadotropin):** To be self-administered daily from the second day of your period to stimulate the ovaries to produce follicles (average 7-10 days of injections).
- **GnRH ant injection:** To be self-administered daily from day six of your period (estimate), to prevent ovulation from occurring.

Throughout the stimulation process, you will be closely monitored through regular transvaginal ultrasound scans and blood tests.



## STEP 2: Egg Retrieval

Around day 10-12 of stimulation, the follicles should reach a good size. A trigger injection is given to the mature eggs within the follicles and the egg retrieval occurs approximately 36 hours later.



A transvaginal ultrasound is used to guide an aspiration needle from the vagina into both ovaries. The follicles are then extracted with this needle and the fluid is sent to the embryology lab to search for the presence of eggs.

## STEP 3: Freezing of Eggs

Mature eggs found are frozen through a method called vitrification and stored.

Generally, most women may return to use their eggs within 5 years. The quality of frozen eggs will not be affected by time.

## What are the risks of EEF?

1. Ovarian Hyperstimulation Syndrome affects 1% to 3% of women. This occurs as a result of the overstimulation of the ovaries that lead to a large production of follicles and increase in hormone levels. Symptoms include bloating, nausea and vomiting.
2. Egg Retrieval Complications affects 0.4% of women. The procedure for egg retrieval is minor and safe but possible complications may include vaginal bleeding and infection.

## How much does it cost to do EEF in NUH?

The estimated cost of one cycle of egg freezing including three years of storage is S\$10,000 to S\$12,000 (inclusive of GST).

For further enquiries, please contact the Clinic for Human Reproduction:

Telephone: 6774 5336  
Email: chr@nuhs.edu.sg  
Website:



## About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit [www.nuh.com.sg/NUWoC](http://www.nuh.com.sg/NUWoC).

### Contact Us

#### Emergency (24-hr)

Location: NUH Main Building, Zone F, Level 1  
Contact: +65 6772 5000

#### Women’s Clinic – Emerald/Ruby

Location: NUH Kent Ridge Wing, Zone D, Level 3, D03-06  
Operating Hours: 8.30am – 6.00pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Women’s Clinic – Sapphire

Location: NUH Kent Ridge Wing, Zone D, Level 3, D03-03  
Operating Hours: 8.30am – 6.00pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Women’s Clinic – Jade [Former Clinic G]

Location: NUH Kent Ridge Wing, Zone C, Level 3, C03-02  
Operating Hours: 8.30am – 6.00pm (Mon to Thu), 8.30am – 5.30pm (Fri)  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Fetal Care Centre

Location: NUH Kent Ridge Wing, Zone D, Level 3, D03-04  
Operating Hours: 8.00am – 5.30pm (Mon to Thu), 8.00am – 5.00pm (Fri)  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### Clinic for Human Reproduction

Location: NUH Kent Ridge Wing, Zone D, Level 4  
Operating Hours: 8.00am – 5.00pm (Mon to Fri), 8.30am – 12.30pm (Sat)

#### Women’s Clinic @ JMC

Location: Jurong Medical Centre, Level 2  
Operating Hours: 8.50am – 11.30pm (Tue & Thu), 2.00pm – 5.00pm (Mon & Fri)

#### Jurong Clinic for Women

Location: 130 Jurong Gateway, #01-231  
Operating Hours: 9.00am – 12.00pm, 2.00pm – 5.00pm (Mon to Sat), 6.00pm – 9.00pm (Mon to Thu)  
General Enquiry: +65 6665 4277  
Appointment Line: +65 6908 2222  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

#### GS @ NTFGH

Location: Clinic A73 & A74 Surgery, Tower A – NTFGH, Level 7  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
Appointment Line: +65 6908 2222  
Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)



Scan QR code for  
NUH Campus Map

## Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &  
Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



Scan the QR code for  
more information on our  
patient care institutions.



Scan QR code for  
more information on  
NUWoC facilities.

**OneNUHS Hotline: (65) 6908 2222**

**OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)**

**OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)**

**[www.nuhs.edu.sg](http://www.nuhs.edu.sg)**

**OneNUHS**  
APP  
Healthcare Made Simple



Scan to download

**Take charge of your health and access health information  
and services across NUHS institutions.**

©2023, National University Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital.

Information is correct at time of printing (Oct 2023) and subject to revision without prior notice.