

# 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.

Starting from 1 July 2023, women between 21 and 37 years old will be able to freeze their eggs for non-medical reasons. However, only legally married couples will be able to use the frozen eggs for procreation.

## **What tests will I need to undergo prior to egg freezing?**

Our fertility specialist will meet with you for consultation and psychological counselling and arrange for you to undergo the following tests:

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

## **How long will the whole process take?**

The overall process, may take around three to four months and may vary depending on individual factors. The process will include:

1. Consultation and evaluation
2. EEF counselling and consent signing
3. Ovarian stimulation
4. Egg retrieval
5. Egg freezing

### **How do I make an appointment for EEF?**

You may visit the polyclinic for a referral to our O&G clinic as a subsidised patient. If there is a specific doctor that you wish to see, you can contact us to make an appointment as a private patient.

### **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).

### **What is the minimum storage period for the eggs?**

You are required to store the eggs minimally for 3 years.

### **Can I tap on government co-funding or Medisave to pay for EEF?**

The procedure is not eligible for government co-funding or Medisave claim.

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

**Telephone:** 6774 5336

**Email:** [CHR@nuhs.edu.sg](mailto:CHR@nuhs.edu.sg)

## **National University Hospital**

5 Lower Kent Ridge Road, Singapore 119074

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.nuh.com.sg](http://www.nuh.com.sg)

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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