

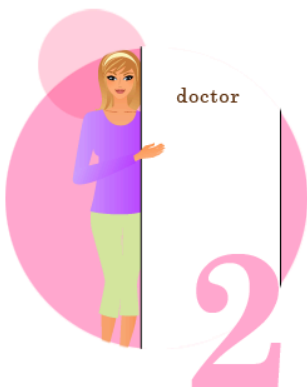


## 1. discovery

- **Gain knowledge:** Talk to a woman who has already frozen her eggs. Attend an egg freezing seminar. Join the Eggsurance Community.
- **Preliminary tests:** Get a blood test to measure your AMH, FSH & Estradiol levels on Day 2 or 3 of your menstrual cycle.
- **Visit Clinic:** See a fertility doctor for an ultrasound and physical exam. Doctor reviews laboratory results and ultrasound with you.
- **Due Diligence:** Carefully review procedure costs and clinic's statistics. Talk to a fertility counselor or trusted friend or family member.
- **Decision:** You've made your decision – you have decided to freeze your eggs!

## 2. pre procedure

- **Clinic Confirmation:** Visit clinic to sign consent forms, pay bills and get medication calendar.
- **Medication:** Supplies arrive. Immediately refrigerate necessary medication. Go to: <http://www.freedommedteach.com/player/Videos.aspx> for medteach videos.
- **Don't list:** Eliminate smoking, alcohol and caffeine (yes, soft drinks and chocolate too!)
- **Cycle Day 1:** Menstruation begins.
- **Cycle Day 2:** Visit clinic, as required, for ultrasound and blood work.
- **Cycle 3-11:** Start stimulation medications. Continue ultrasounds & blood work as requested by your doctor. Do not exercise during this period.
- **Cycle Day 12:** Upon Doctor's confirmation, administer late night hCG (Human chorionic gonadotropin) shot in your buttocks or thigh approximately 35 hours prior to procedure.
- **Fast:** Do not eat or drink after midnight



## 3. procedure

- **Cycle Day 13:** Procedure day. Escort brings you to clinic. Do not wear perfume, scented lotion or jewelry to clinic.
- **Sedation:** Administered by anesthesiologist.
- **Procedure:** Doctor aspirates follicles with ultra-sound guided needle (10-15 minutes).
- **Evaluation:** Embryologist evaluates quality and quantity of eggs.
- **Freezing:** Embryologist freezes mature follicles.

## 4. post procedure

- **Recovery.** Escort takes you home to rest.
- **Self-care:** Eat a bland diet and drink plenty of water. Get some rest.
- **Don't list:** Do not shower for 24 hours. No baths for one week. No exercise or sex until next menstrual cycle (about 2 weeks).
- **Congratulations:** You did it!

