



## Egg Freezing: A Comprehensive Guide to Preserving Fertility

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Egg freezing, or oocyte cryopreservation, is a modern medical procedure that offers an alternative option for families planning to have children in the future, women who want to have children but are not yet ready, those with infertility issues, or those with health problems that may affect their reproductive health.

Nakornthon GIFT Fertility Center at Nakornthon Hospital has a team of reproductive medicine specialists and experienced scientists ready to provide consultation and care for those who wish to freeze their eggs for future pregnancy at an appropriate time, using modern treatment tools and technologies for successful pregnancies.

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### What is Egg Freezing?

What is egg freezing? Egg freezing (oocyte cryopreservation) is a process where women collect reproductive cells, called "eggs," that have been stimulated and retrieved from the body to be frozen at an extremely cold temperature of -196 degrees Celsius. The number of eggs collected depends on each woman's monthly egg supply, with an average of approximately 10-15 eggs. However, for women with a higher egg count, collection can reach 20-30 eggs, depending on each individual's physical strength and health condition.

Egg freezing has become an increasingly popular fertility preservation option in Thailand. The egg freezing process typically begins with hormone stimulation to produce multiple eggs, followed by retrieval under sedation and specialized freezing techniques that maintain egg viability for future use.

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## Why do people do Egg freezing?

Egg freezing is a reproductive technology that allows women to preserve the quality of their eggs for future use. Here are the benefits and reasons why egg freezing should be considered:

- Women are born with a limited number of eggs, and as they age, both the quantity and quality of eggs decline
- If you plan to have children after age 35 or are not ready for children now, egg freezing allows you to use higher-quality eggs later
- Reduces the risk of age-related infertility
- Egg freezing provides flexibility to choose the most appropriate time to have children
- Prevents infertility due to medical conditions or treatments, especially for those with health issues such as cancer, immunodeficiency disorders, or genetic diseases that may affect fertility, and for those undergoing chemotherapy or radiation that could damage egg cells
- Increases future options for having children, allowing you to use your own eggs for IVF or ICSI procedures when you're ready

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## Who Is Suitable for Egg Freezing?

Egg freezing is especially suitable for:

- Women who are not yet planning to have children, especially when over 35 years of age

- Patients who are about to undergo chemotherapy or radiation treatment that may affect the quantity and quality of egg cells
- Individuals with chromosomal abnormalities that may cause premature menopause
- Those requiring ovarian surgery such as for ovarian cysts, ovarian tumors, or endometriomas (chocolate cysts)

## What Is the Best Age to Freeze Your Eggs?

Egg freezing can be done at any age, but it has been found that freezing eggs before the age of 35 results in a higher quantity and quality of eggs. As age increases, the success rate of having a child from frozen eggs decreases, and a greater number of eggs may be required due to the declining quality. The recommended number of eggs to freeze depends on the woman's age, with an average of approximately 15 eggs.

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## How to prepare before Egg Freezing?

Egg freezing is a process that allows women to preserve their eggs for future use, which is an option for those who want to plan for having children later. Preparing before entering the egg freezing process is important to ensure that the process goes smoothly and efficiently, as follows:

- Consult with a fertility specialist to assess overall health and ovarian health
- Take foods, minerals, or supplements that are beneficial for the reproductive system as recommended by a doctor, such as various antioxidants like vitamin D and folic acid.
- Exercise regularly, maintain an appropriate weight
- Take care of your health and stay healthy
- Get adequate rest, at least 8 hours per night
- Avoid smoking and drinking alcohol
- Avoid stress; find activities or hobbies that help you relax

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## The Steps of Egg Freezing

The egg freezing journey at leading fertility centers offering egg freezing programs in Bangkok and throughout Thailand involves several carefully managed steps, as outlined below:

### Medical Examination

- Blood tests
- Testing for various infectious diseases such as HIV, Hepatitis B, Hepatitis C, Syphilis, etc.
- Testing for genetic disorders such as Thalassemia
- Preparation for egg stimulation using hormone medication to produce multiple eggs for collection in a single procedure

### Egg Retrieval

The egg freezing service process uses the same procedure as egg stimulation for IVF. Individuals wishing to freeze their eggs must undergo physical examinations and blood tests. If no issues are found, they can proceed with egg stimulation. When it's time to retrieve the eggs from the body, they are collected through transvaginal aspiration, selecting only mature eggs for preservation. These eggs are then maintained in culture medium and frozen in liquid nitrogen within laboratory environments that maintain appropriate temperature and conditions until they are thawed for future use.

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### Self-Care After Egg Freezing

Self-care after egg retrieval is essential for proper recovery and reducing the risk of potential complications. Here are important self-care guidelines following egg freezing:

- Rest adequately for at least 1-2 days after the egg collection procedure
- Avoid strenuous exercise or lifting heavy objects during the first week
- Mild discomfort or pain in the lower abdomen is normal; you can take pain medication prescribed by your doctor
- Monitor for abnormal symptoms such as high fever, severe abdominal pain, or unusual bleeding

- seek immediate medical attention if these occur
- Maintain a nutritious diet high in protein, vegetables, and fruits, and drink plenty of water to prevent dehydration
- Abstain from sexual intercourse for at least one week after the egg retrieval to reduce infection risk
- What to avoid eating after egg retrieval? Avoid spicy foods and fermented foods
- Avoid alcohol consumption as it may negatively affect your body's recovery process

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### How much does Egg Freezing cost?

At Nakornthon GIFT Fertility Center, Nakornthon Hospital, we offer an egg freezing package priced at 190,000 baht\*. The comprehensive package includes all necessary steps:

- Unlimited units of ovarian stimulation medications
- Ovulation prevention medications
- Trigger shot for egg maturation
- Ultrasound monitoring of follicle development
- Egg retrieval and quality selection procedures by specialists
- Freezing of the first 10 eggs (storage for 1 year)
- Standard-compliant egg cryopreservation storage facilities

Our patients receive care from a dedicated team of fertility specialists, experienced and well-trained embryologists, and professional nurses who provide close attention throughout the entire egg freezing process.

*The price is applicable only for foreigners residing in Thailand*

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### How successful is Egg Freezing?

Egg freezing is comparable to stopping the aging of eggs at the age when they are collected,

preventing them from aging along with your actual age. The younger you are, the higher the chances of success. On average, after thawing, about 80-90% of frozen eggs can be used. The woman's age at the time of egg freezing is a crucial factor in determining the chances of successful pregnancy.

### How long can the eggs be stored for use in treatment?

In principle, eggs can be frozen for a long time as long as there is sufficient cryogenic material. Currently, data shows that eggs frozen for up to 14 years have been successfully used. Generally, it is recommended to use frozen eggs before the age of 40-45, as pregnancies beyond this age may encounter more complications.

### Side Effects of Egg Freezing

Side effects that may occur from egg freezing are similar to those of IVF, including ovarian hyperstimulation syndrome or other complications from egg retrieval. However, regarding chromosomal abnormalities or birth defects in children, these are not different from natural pregnancies.

### Did you Know about Egg Freezing

The most effective egg freezing method is vitrification. The ideal age for egg freezing is 34-37 years, as beyond this age, both the quantity and quality of eggs decrease. The cost of an egg freezing package is comparable to IVF procedures, with additional annual storage fees. Typically, about 15-20 eggs are needed to achieve one successful pregnancy. Therefore, a single stimulation cycle may not yield sufficient eggs.

Frozen egg cells develop thicker, harder shells, so it's necessary to use "ICSI" (Intracytoplasmic Sperm Injection) for fertilization. This method involves injecting a single sperm cell into an egg cell (one sperm per egg). According to Thai law, egg freezing in Thailand does not require a marriage certificate, but using them for fertilization does require one.

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### Egg Freezing at Nakornthon Hospital

Egg freezing, or oocyte cryopreservation, has become an important option for women who wish to preserve their fertility. This process can help alleviate concerns about egg quality due to aging, health issues, relationships, or future family planning. For those seeking further information or personalized advice, it is recommended to consult with a fertility specialist at the Nakornthon GIFT Fertility Center, Nakornthon Hospital.

For expats living in Thailand who are considering having children in the future, or for those experiencing fertility challenges, Nakornthon Hospital offers world-class fertility services, including egg freezing and egg quality selection, with the support of highly trained medical professionals. The hospital's team of fertility experts and advanced medical equipment ensure that your fertility preservation process is handled with the utmost care and expertise.

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For more information, please contact:

1. - Website : <https://en.nakornthon.com>
2. - Facebook : [Nakornthon Hospital - International Patient](#)
3. - Line : [@nakornthoninter](#)
4. - Tel: [02-450-9999](tel:02-450-9999) (Available 24 hours)

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