

A large, semi-transparent oocyte is centered in the background, showing its nucleus and surrounding cytoplasm. The background is a soft, pinkish-red gradient with a bokeh effect of light spots.

FREQUENTLY ASKED
QUESTIONS ABOUT
OOCYTES VITRIFICATION



AFTER VITRIFICATION, CAN I CONTINUE WITH MY DAY-TO-DAY ACTIVITIES?

Recovery after vitrification process is very fast, although you may feel pain similar to menstrual cramps in the following days. It is recommended to limit intense physical activity until your next period in order to avoid complications. If you feel intense pain or other symptoms, please consult your doctor.

CAN THE OOCYTE VITRIFICATION PROCESS ALTER MY FOLLOWING MENSTRUAL CYCLES?

A few days after the oocytes' recovery, you'll have your period. From then on, **the ovary will recover its natural menstrual cycles**, although it is common for the first cycle to be altered.





IF I FREEZE MY OOCYTES, WILL I LOSE CAPACITY TO BECOME PREGNANT IN THE FUTURE?

The ovarian stimulation to retrieve oocytes **do not** affect in any way your future fertility.

ONCE I HAVE VITRIFIED MY OOCYTES, WHAT IS THE NEXT STEP TO BECOME A MOTHER?

It is possible to naturally fall pregnant.

If after a year of sexual intercourse (6 months in patients over 40 years of age or with a new pathology) pregnancy does not occur, the couple should undergo a fertility study.

If in vitro fertilization (IVF) is required, the woman will have better quality oocytes available to be able to carry out her treatment with better prognosis.

If the patient wishes to be a mother without a male partner, **the oocytes can be fertilized with donor sperm.**





AFTER OOCYTE VITRIFICATION, WHAT IS THE PROCESS TO USE MY FROZEN EGGS?

The lab will proceed with my oocytes devitrification in order to fertilise them and produce embryos. Previously, the female patient will only need a simple treatment to **prepare her endometrium for the embryo to implant.**

A circular inset showing a microscopic view of several oocytes. The central oocyte is in sharp focus, showing a textured, granular surface. Other oocytes are visible in the background, slightly out of focus. The background of the entire page is a light, neutral color.

ONCE MY OOCYTES ARE VITRIFIED, COULD I LOSE THEM IN THE DEVITRIFICATION PROCESS?

Today, the biologist's experience, together with the most advanced techniques, make it possible to have **a survival rate of about 95%**.

Survival is linked to the age at which the technique is performed, so if the oocytes are vitrified above 35 years of age, this percentage may be lower.





IF I FREEZE MY EGGS, HOW LONG CAN THEY REMAIN FROZEN?

Oocytes **may remain vitrified indefinitely keeping the same reproductive capacity.** However, due to maternal and foetal health issues, there's an age limit agreed by scientific societies to undergo assisted reproductive treatment, **which is about 50 years of age.**

IF MY OOCYTES ARE CRYOPRESERVED, DO I HAVE TO WORRY ABOUT POSTPONING MOTHERHOOD?

Cryopreservation allows us to have available **better quality eggs to carry out a treatment with higher pregnancy rate** than if we were to do it later.

Even so, under no circumstances we will have a 100% chance of pregnancy.

Postponing motherhood may increase difficulties in achieving pregnancy and increase complications during pregnancy, especially above the age of 40.



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