

Five things to know about egg freezing

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Egg freezing for age-related fertility is becoming more common, and a short article in *CMAJ* (*Canadian Medical Association Journal*) provides quick reference points on the topic for primary care providers.

1. Elective egg freezing is a way to help [patients](#) increase their chance of

pregnancy at a later age

2. Patients aged 35 or younger with normal ovarian reserve have the best chance of success, although future live birth is not guaranteed
3. The treatment process usually takes 10-14 days
4. Fees for this treatment are not covered in Canada by government health insurance
5. Frozen [eggs](#) do not expire, but many clinics have age limits after which they will not proceed with transfer of embryos created from the frozen eggs.

More information: *CMAJ* (2020).

www.cmaj.ca/lookup/doi/10.1503/cmaj.191191

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