

ASK THE EXPERT

Is egg banking a good option?

I am 28. Can I go for egg banking? How much will it cost and what are the chances of getting pregnant later?

AISHWARYA KUMAR, DELHI

It is preferable for women to get their eggs frozen before they turn 35. In women with low ovarian reserve, the freezing should be done before the age of 30. Ovarian reserve can be assessed by doing a blood study called anti-mullerian hormone (AMH). If it is less than 1.5 µg per ml, it indicates a low reserve. Egg freezing costs anywhere between ₹20,000 and ₹80,000; the success rate for the procedure is about 59 per cent per transfer, which means that if you freeze 10 eggs, five of them will definitely fertilise.

How does the egg banking cycle work? What are the risk factors?

PRIYANJALI DATTA, KOLKATA

While sperm and embryos have proved easier to freeze, the egg being the largest cell in the human body contains a lot of water. Freezing, therefore, can result in the formation of ice



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crystals that can destroy the cell. The eggs are extracted and then frozen using either a slow-freeze method or flash-freezing method known as vitrification. They are usually frozen in liquid nitrogen at a temperature of -196 degree Celsius. It takes approximately four to six weeks to complete the egg freezing cycle and is consistent with initial stages of the in-vitro fertilisation (IVF) process.

Is egg banking safe for women and is it really beneficial?

KARISHMA KOTWAL, INDORE

Egg banking is beneficial because it gives women a chance to preserve their fertility for longer and delay parenthood to suit their needs. Many reasons like career choices, desire to travel, late marriage, the ticking biological clock or medical conditions might lead to delays or problems in pregnancy. Egg banking takes that pressure off. The procedure is in itself quite safe. There are no health or diet precautions needed before or while undergoing the treatment. The initial procedure followed for the extraction of eggs is the same as the hormone-injection process followed during IVF. This procedure offers a good outcome and is a beacon of hope for women who decide to delay parenthood.

