


REPRODUCTIVE MEDICINE
FERTILITY PRESERVATION

You decide
when to
become
a mother



INTEGRAL CARE IN OBSTETRICS, GYNAECOLOGY
AND REPRODUCTIVE MEDICINE



Becoming a mother is a personal and very important decision in the life of a woman, and is often postponed for different reasons: personal, professional, medical, etc.

*In Women's Health Dexeus we offer all women who wish to postpone maternity the **latest technological advances for preserving their capacity to have children** and decide to become mothers later on.*

What is it?

Fertility preservation comprises a series of techniques that allow all women who must or wish to postpone maternity to **maintain their capacity to have children in the future through assisted reproduction treatment.**

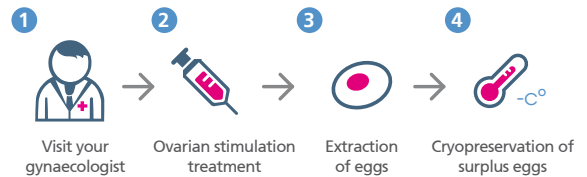
It is increasingly common to postpone having children for social or personal reasons, and **as women grow older, the number and quality of eggs decrease.** For this reason many women decide to preserve their fertility with the purpose of becoming mothers when they wish, and with guarantees.

What does it involve?

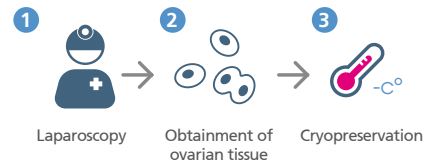
Preserving fertility in Women's Health Dexeus involves the **cryopreservation of eggs, ovarian tissue or embryos**, storing them in liquid nitrogen at a temperature of between -80°C and -196°C in our centre until you decide to have a child.

The process differs depending on what is preserved:

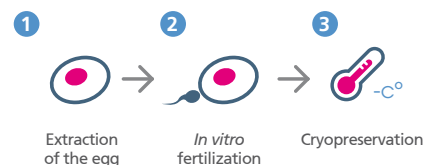
- **Cryopreservation of eggs:** after hormone treatment to cause your ovaries to produce more eggs, these are removed through transvaginal ultrasound-guided puncture under anaesthetic sedation, followed by cryopreservation.



- **Cryopreservation of ovarian tissue:** this involves the obtainment of ovarian tissue fragments via laparoscopy, which are then subjected to cryopreservation. Laparoscopy is a minimally invasive surgical technique that allows access to the abdominal cavity through very small incisions.



- **Cryopreservation of embryos:** this involves the extraction of eggs, which are then fertilized in vitro with sperm from your couple or a donor, followed by vitrification cryopreservation of the embryos.





What happens then?

After deciding to preserve your fertility, your eggs, embryos or ovarian tissue will be stored in special freezers in our centre until you decide to have a child. When that time comes:

- The number of desired eggs **will be thawed**.
- The eggs **will be fertilized** with sperm from your couple or a donor, through *in vitro* fertilization.
- The resulting embryos **will be transferred** to the uterus of the patient.

Our team of professionals in the Service of Reproductive Medicine will advise you as to which method is best in your case, and will plan the start of treatment.

When to preserve your fertility?

- When you wish to postpone having children **due to personal or professional reasons**.
- **If you currently have no couple** and wish to ensure your capacity to have children either alone or with a future couple.
- **If you need to undergo surgery or treatments** that can affect your fertility, or if you have been diagnosed with a low follicular reserve.

If you decide to postpone maternity, you can preserve your fertility at any time, though Women's Health Dexeus recommends doing so **before 35 years of age**.


Ref. 157 May 2015

For more detailed information, please contact our Patient Care Department or visit www.dexeus.com

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