

7 questions for your first egg-freezing consultation

You do not need to arrive with a decision. Bring the questions that will help you understand the process, the uncertainty and the practical commitment.

Before you go

Write the main thing you want help understanding. Circle three questions below. If the clinic already answered one in writing, bring that document and ask what remains uncertain.

1

Based on my history and goals, what options should we discuss - and what would waiting change?

Ask about alternatives as well as egg freezing. A consultation is information, not a commitment.

2

What can my tests tell us about an expected response, and what can they not tell us?

Ask for the meaning of each result, its limits, units and date - not only the number.

3

What would the proposed timeline involve for appointments, monitoring, retrieval and recovery?

Include preparation, time away from work, transport and support - not only stimulation days.

4

When you discuss outcomes, which stage and measure are you describing?

Retrieved eggs, mature eggs frozen, eggs surviving warming, embryos and live births are different counts.

Keep the scope clear

This guide provides general education and consultation preparation, not individual medical, legal, financial or insurance advice. It does not assess suitability, interpret results or provide medicine instructions. Follow your clinical team and the instructions for your exact prescribed products.

QUESTIONS 5-7

Leave with fewer assumptions.

You can ask for explanations, written information and time to think. Use these final questions to connect the clinical plan with the cost and practical arrangements.

5

What is included in the price, what is estimated or separate, and when could the cost change?

Ask for an itemised written quote, including medicines, storage, exclusions and cancellation terms.

6

What happens after collection: results, storage, renewals and possible future use?

Ask when counts arrive, how storage is billed and what later treatment would be separate.

7

What practical arrangements and safety contacts should I have before treatment starts?

Confirm where medicine instructions come from, after-hours help, transport and recovery support.

Before you leave, try to collect

- ☐ The next step, who is responsible and the expected date
- ☐ The clinic's daytime and after-hours contact details
- ☐ An itemised quote with unanswered costs clearly marked
- ☐ Written storage, renewal and consent information
- ☐ A copy or link for anything you were asked to decide later

One thing I still need explained

Need the whole journey in one place?

The Egg Freezing Playbook includes the 28-page guide, printable and editable worksheets, quote decoder, cost planner, emotional companion and eleven audio companions. [See the complete Playbook - US\\$39.](#)