

Steps in fertility preservation

1. FERTILITY ASSESSMENT

You will meet our team of specialists to discuss your goals, medical history, and gain a better understanding of your reproductive health. Diagnostic tests will be prescribed to design your personalized treatment plan.

2. OVARIAN STIMULATION

We will monitor the development of your follicles via regular ultrasounds until they reach maturity. This technique requires daily hormone injections for about 2 weeks to produce the maximum number of follicles potentially containing an egg.

3. EGG RETRIEVAL

Once your follicles reach the desired size, they are retrieved during a short surgical procedure at clinique ovo, lasting about 15–20 minutes. Sedation is administered for your comfort. Your doctor uses an ultrasound probe and a fine needle to gently extract the eggs through the vaginal route.

4. FREEZING AND STORAGE

Your eggs are then frozen and safely stored on-site at clinique ovo.

5. READY WHEN YOU ARE

When you are ready to start your family, your eggs will be thawed and prepared for a procedure called in vitro fertilization (IVF).



Are you ready?

clinique ovo supports you in freezing your eggs.



Book your appointment online.

Scan the QR code to schedule your first consultation.



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ovofertilité

What does science say?



WHY PRESERVE YOUR EGGS AT A YOUNG AGE?

85%
chance of pregnancy
(ages 20-30)*

50%
less chance
of conceiving at 38*

After 40,
1 in 3
pregnancies ends
in miscarriage

As women age, egg quality declines, making them more likely to lead to genetically abnormal embryos, such as those with trisomy 21. After age 35, this probability increases, affecting the chances of having a healthy child

By freezing your eggs while they are still young, you preserve their quality and maximize your chances of creating healthy embryos, whenever you decide to start a family.

HOW MANY EGGS WILL BE ENOUGH?



Number of eggs needed to conceive according to age:

Age when freezing	-35	35-37	38-40	41-42	+42
75% chance of having 1 baby	10 eggs	15 eggs	20 eggs	***	***
75% chance of having 2 babies	20 eggs	28 eggs	**	**	**
50% chance of having 1 baby	5 eggs	8 eggs	11 eggs	20 eggs	20 eggs
50% chance of having 2 babies	12 eggs	17 eggs	27 eggs	**	**

Source: The number of autologous, vitrified mature oocytes needed to obtain three euploid blastocysts increases with age
- Fertility and Sterility 2025

**Statistics not available

***Statistics not available, probably more than 40 eggs

PLAN AHEAD TO MAXIMIZE YOUR OPTIONS



Women are born with about one million eggs, but this reserve naturally decreases each month. For some, this decline can happen faster, leading to early menopause.

Freezing eggs while they are still numerous and of good quality helps preserve your chances of pregnancy later.

Discover our two plans

At clinique ovo, we offer two options tailored to your needs: the **Classic Plan**, for a standard and effective follow-up, or the **Express Plan**, which combines all tests in a single day.

Whatever your preference, our priority is to provide fast, reassuring, and high-quality care from your first contact.



CLASSIC PLAN

A smooth journey at your own pace: your tests are prescribed during the first consultation and can be performed publicly or privately. Once results are received, a protocol is proposed to start your next cycle.

Duration: approximately 8–10 weeks



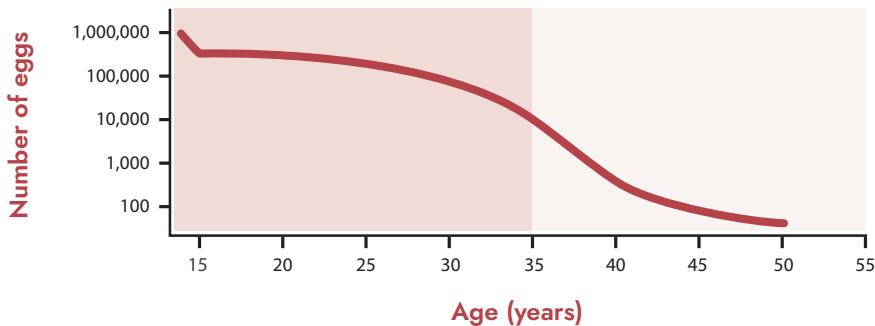
EXPRESS PLAN

An accelerated option: in a single day at the clinic, you complete tests, meet with a nurse, and take your hormone test. Results and protocol are delivered the same evening, so you can start the next cycle immediately.

Duration: approximately 4 weeks



OVARIAN RESERVE: QUANTITY OF EGGS



*after 1 year of trying to conceive