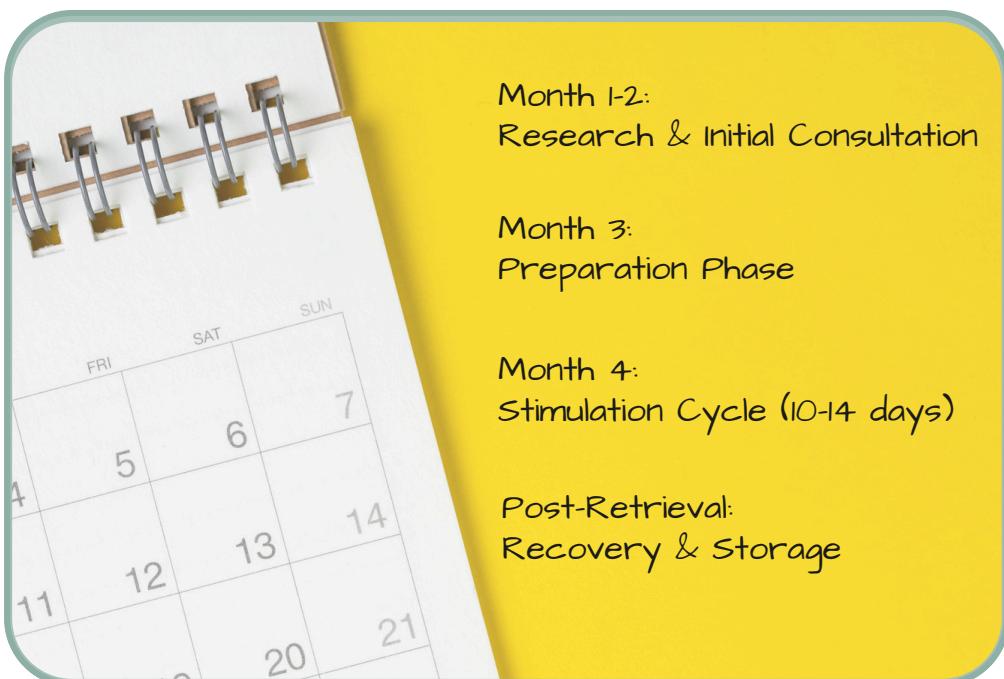


# Egg Optimisation Planning Guide

## Step-by-Step Timeline 時間表



Please note that the Egg Optimisation Planning Guide does not constitute or imply any endorsement or recommendation by the HKSAR Government of any service providers, products, services, or offerings. Viewers of this Guide are encouraged to review and assess the details of the products and services presented to determine their suitability for their own needs.

# Optimisation Schedule

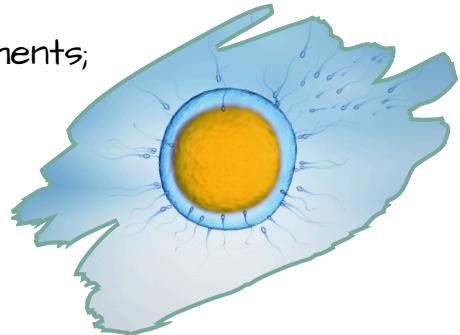
## Months 1 and 2: Research & Book Initial Consultation



- (1) Research clinics and compare services;
- (2) Schedule initial consultation with 2-3 clinics;
- (3) Complete baseline fertility tests (AMH, AFC, FSH);
- (4) Review test results with fertility specialist.

## Month 3: Preparation Phase

- (1) Begin lifestyle changes: diet, exercise, supplements;
- (2) Complete required pre-procedure tests;
- (3) Finalise clinic selection and payment plan;
- (4) Learn about injection techniques.



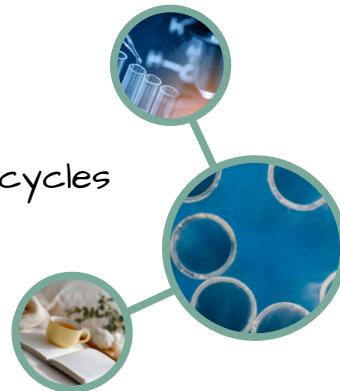
## Month 4: Stimulation Cycle (10-14 days)



- (1) Day 1-2: Begin hormone injections;
- (2) Day 5-7: First monitoring ultrasound;
- (3) Day 8-10: Continued monitoring, adjust medications;
- (4) Day 12-14: Trigger shot, egg retrieval procedure.

## Post-Retrieval: Recovery & Storage

- (1) 1-2 days rest after procedure;
- (2) Receive final egg count and quality report;
- (3) Set up annual storage payment schedule;
- (4) Schedule follow-up if additional egg retrieval cycles are recommended.



## Egg Freezing Clinics in Hong Kong

### HKU-Queen Mary Hospital (HKU-QMH CARE)

Room 528, 5/F, Block K, Queen Mary Hospital, Pokfulam Road

Phone: +852 2255 4262

Email: [hkuivf@hku.hk](mailto:hkuivf@hku.hk) | Website: <https://hkuivf.hku.hk>

### CUHK IVFHK (Prince of Wales Hospital - ART Unit)

9/F, Old Block (EF Wing), Prince of Wales Hospital, Shatin, N.T. Phone: +852 3505 1456 / +852 3505 3148

ART patients WhatsApp: +852 6501 1574

Email: [ivfthkmed@cuhk.edu.hk](mailto:ivfthkmed@cuhk.edu.hk) | Website: <https://ivfthk.com>

### Hong Kong Sanatorium & Hospital IVF Centre

6/F, Li Shu Pui Block, 2 Village Road, Happy Valley

Phone: +852 2835 8060 WhatsApp: +852 2835 8060

Email: [ivf@hksh-hospital.com](mailto:ivf@hksh-hospital.com) | Website: <https://www.hksh.com/>

### Hong Kong Assisted Reproduction Centre (HKARC)

Room 1502, 15/F, Henley Building, 5 Queen's Road Central, Central

Phone: +852 2117 3855 WhatsApp: +852 9018 8248

Email: [enquiry@hkarc.com.hk](mailto:enquiry@hkarc.com.hk) | Website: <https://hkarc.com.hk>

### HEAL Fertility

10/F, One Chinachem Clentral, 22 Des Voeux Road Central, Central

Phone: +852 3703 3608

Email: [info@heal-fertility.com](mailto:info@heal-fertility.com) | Website: <https://heal-fertility.com>

### HK IVF Centre (Ocean Centre, Tsim Sha Tsui)

Room 1322-1325, 13/F, Ocean Centre, Harbour City, 5 Canton Road, Tsim Sha Tsui, Kowloon

Phone: +852 3468 3168

Email: [info@hkivf.com](mailto:info@hkivf.com) | Website: <https://hkivf.com>

## Hong Kong Reproductive Medicine Centre (HKRMC)

Suite 1228-30, 12/F, Ocean Centre, Tsim Sha Tsui

Phone: +852 8200 8168 WhatsApp: +852 5489 8756

Email: [enquiry@reprodmed.com](mailto:enquiry@reprodmed.com) | Website: <https://reprodmed.com>

## Union Reproductive Medicine Centre (Tsim Sha Tsui)

Address: 12/F, H Zentre, 15 Middle Road, Tsim Sha Tsui, Kowloon

Phone: +852 3126 1623 WhatsApp: +852 9380 0023

Email: [urmc@union.org](mailto:urmc@union.org) | Website: <https://www.union.org/urmc>

## The IVF Clinic (The Women's Clinic Group - Central)

Address: 13/F, Central Tower, 28 Queen's Road Central, Central

Phone: +852 2208 6338

Email: [info@theivfclinic.com.hk](mailto:info@theivfclinic.com.hk) | Website: <https://thewomensclinic.com.hk>

## OT&P Healthcare (Egg Freezing)

Address: OT&P Central Family Clinic, LG/F, Century Square, 1 D'Aguilar Street, Central

Phone: +852 2155 9055

Email: [business@otandp.com](mailto:business@otandp.com) | Website: <https://otandp.com>

## SG IVF Center (Tsuen Wan)

Address: Unit 01-09, 19/F, International Enterprise Centre I, 11 Chai Wan Kok Street, Tsuen Wan, N.T.

Phone: +852 2115 0833

Email: [info@sgivfhk.com](mailto:info@sgivfhk.com) | Website: <https://sgivfhk.com/>

# Public Hospital & Private Clinic Comparisons

## Cost Range (per cycle)

Public Hospitals	HK \$30,000-50,000
Private Clinics	HK \$60,000-120,000

## Medication Costs

Public Hospitals	Often included or subsidised
Private Clinics	HK \$15,000-30,000 extra

## Wait Time for First Appointment

Public Hospitals	3-6 months
Private Clinics	1-4 weeks

## Appointment Flexibility

Public Hospitals	Limited to weekday slots
Private Clinics	Evening & weekend options available

## Doctor Continuity

Public Hospitals	May see different doctors
Private Clinics	Same doctor throughout

## Experience & Volume

Public Hospitals	High volume, established protocols
Private Clinics	Varies, Check CHRT statistics

## TCM Integration

Public Hospitals	Rarely offered
Private Clinics	May offer acupuncture

## Annual Egg Storage Fees

Public Hospitals	HK\$3,000-5,000/year
Private Clinics	HK\$5,000-12,000/year

## Payment Plans

Public Hospitals	Full payment upfront
Private Clinics	Installment options available

## Facilities

Public Hospitals	Hospital setting, shared spaces
Private Clinics	Private rooms, hotel-like comfort

## Considerations

### Considerations when choosing a Public Hospital

- (1) Budget-conscious patients
- (2) Those comfortable with Cantonese or Mandarin
- (3) Patients with flexible schedules
- (4) Those who prefer established institutional protocols

### Considerations when choosing a Private Clinic

- (1) Busy professionals needing schedule flexibility;
- (2) English or Mandarin speakers;
- (3) Those wanting personalized, continuous care;
- (4) Patients seeking premium comfort and privacy.

### How to Check a Clinic's Success Rates

- (1) The Council on Human Reproductive Technology (CHRT) publishes annual statistics for all licensed fertility centres in Hong Kong. These reports include pregnancy rates, live birth rates, and cycle volumes by clinic. Website: [www.chrt.org.hk](http://www.chrt.org.hk) (see the 'Publications' section).
- (2) Hong Kong Medical Journal contains peer reviewed articles on IVF outcomes in HK. Website: <https://www.hkmj.org>
- (3) Some clinics publish their own success rates (e.g. HKU-QMH CARE). Website: <https://hkuivf.hku.hk/en/success-rate/>
- (4) Note: When comparing rates, ensure you're comparing same age groups, fresh vs frozen cycles, pregnancy rate vs live birth rate.

Disclaimer: This is for informational purposes only and should be verified directly with clinics and medical professionals.

# Traditional Chinese Foods for Optimum Egg Health

Start Preparing 3 months before egg retrieval



Eggs take approximately 90 days to mature from dormant follicles to ovulation-ready eggs. This means your diet, lifestyle, and supplements during this 3-month window directly impacts the quality of your eggs.

## 3 months before Egg Retrieval Schedule

- (1) Begin TCM foods;
- (2) Begin supplements as preescribed by your health care provider:
  - (a) Breakfast: Prenatal Vitamin, Vitamin D3, Omega-3s;
  - (b) Lunch: CoQ10 (Ubiquinol), Myo-Inositol blend;
  - (c) Dinner: Vitamin C, Vitamin E, Alpha-Lipoic Acid.
- (3) Reduce intake of alcohol & caffeine;
- (4) Start moderate, gentle exercise.



1 month before egg retrieval instify nourishing souls,  
prioritise sleep, reduce stress & avoid cold foods.



Traditional Chinese Medicine (TCM) emphasizes nourishing the blood and kidney essence (腎精) to support egg quality and reproductive health. These foods are commonly recommended by TCM practitioners.

### Blood-Nourishing Foods 補血

Red dates 紅棗

Rich in iron, supports blood



Goji berries 枸杞子

Nourishes liver and kidney yin



Black Sesame 黑芝麻

Strengthens kidney essence



Longan 龍眼

Tonifies heart and spleen blood



Black Chicken 烏雞

Traditional fertility tonic



### Kidney-Tonifying Foods 補腎

Black beans 黑豆

Strengthens kidney energy

Walnuts 核桃

Supports brain and kidney function

Chinese yam 淮山

Nourishes spleen and kidney

Sea cucumber 海參

Premium kidney tonic

Black fungus 黑木耳

Improves blood circulation

### Fertility Soups 湯水

Black chicken soup with goji & dates

Classic fertility tonic

Fish maw soup 花膠湯

Rich in collagen, supports uterine health

Dang qui chicken soup 當歸雞湯

Regulates menstruation

Lotus seed & lily bulb soup

Calms the mind and supports yin

Four herbs soup 四物湯

Traditional blood tonic

### Foods to Limit

Cold/raw foods

May impair blood circulation

Excessive spicy foods

Can cause internal heat

Processed foods

Low nutritional value

Excessive caffeine

May affect hormone balance

Alcohol

Impacts egg quality

TCM Tip: Consume warming foods during the follicular phase (after menstruation) to support egg development. Many women in Hong Kong visit TCM practitioners alongside their fertility clinic for a holistic approach.