

# Fertility preservation options for young girls

Information for patients,  
parents and carers



---

leeds children's  
hospital

---

caring about children

This booklet is a shortened version of LN001652  
**"Fertility preservation information for girls and  
young women. Information for patients, parents and  
carers"** and should be supplied with it.

It can also be accessed by scanning  
or clicking the QR code:



This booklet has been written to help you  
understand why you are being asked to think  
about putting some ovary (eggs) into the  
freezer. Please ask your nurse specialist or  
doctor any questions. We are here to help.

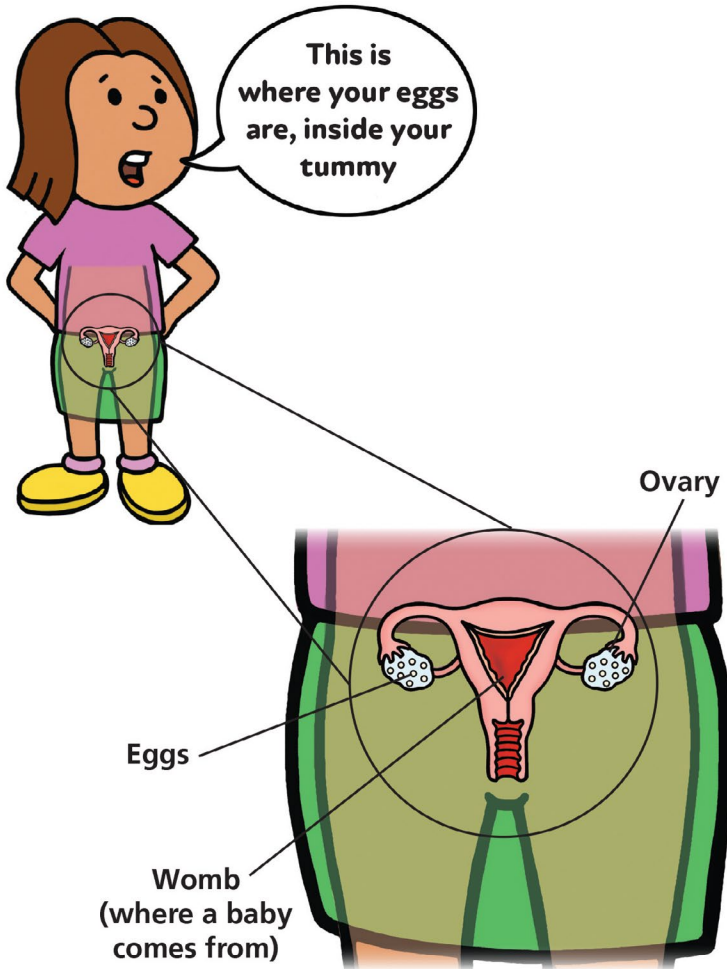
***More information is available on our website:***

- Please scan or click the QR code:

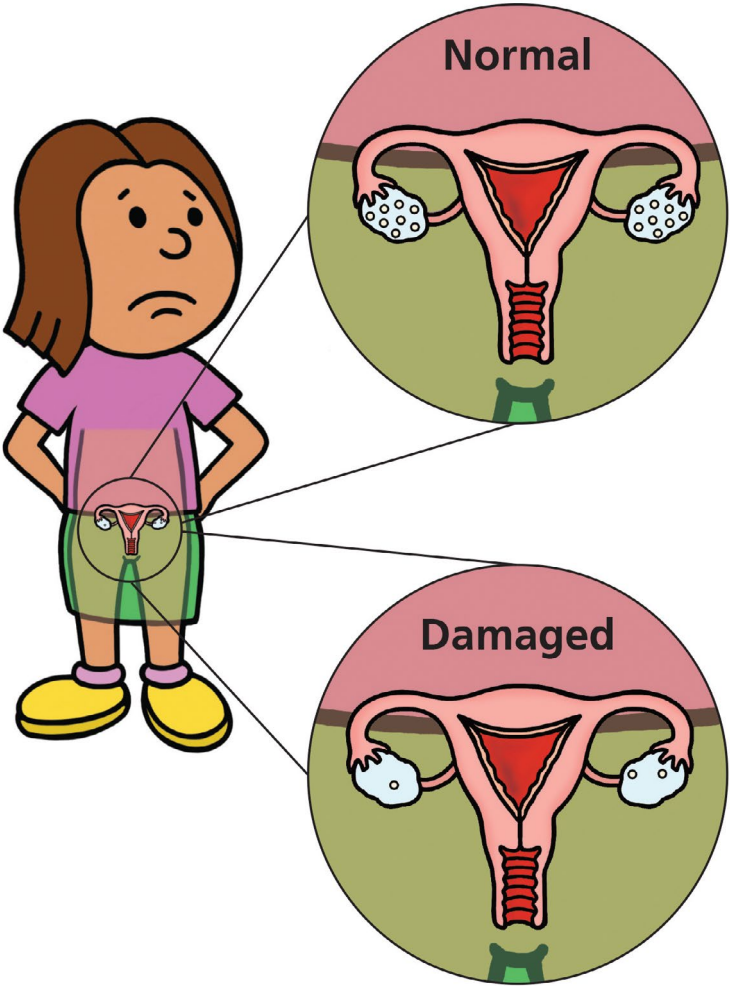


## What are ovaries?

Your ovaries are inside your tummy. They hold your eggs. Eggs are special as they are needed to have a baby of your own one day.



Some illnesses and some medicines can damage your eggs.



When we are younger we don't always know what we will think or want when we get older.

As your treatments might take away this choice for you later on we can try to save some of your eggs now.



## Freezing your ovary

You would need to have an operation for us to freeze some of your ovary.



A scientist will look after your ovary (eggs) very carefully and put them in a special freezer.



## What happens next?

When you wake up from the operation you might still feel sleepy and your tummy might be a bit sore. This will get better over the next couple of days. You can have medicines if you need them to help and you might have a little scar even when everything has healed.

The doctors will come back and speak to you and the grown-ups who look after you after the operation and check that all of your questions have been answered.

When you are grown-up and starting to think about having your own baby, we will see you again at the fertility clinic to talk about how we can help.



## Will this work?

You may never need to use the eggs we have frozen as you may be able to have a baby without any help from doctors and nurses. Treatments with frozen ovary (eggs) are still quite new and we cannot promise that they will work.

## What happens if I say no?

- This operation is not something that will help make you better at the moment but it gives you choices in the future.
- The choice you make now is important as your eggs have to be frozen before you start any other treatment.
- If you and the grown-ups who look after you decide that this is not what you want to do, that is ok and it will not affect the rest of your treatment.

## Contact us

### Leeds Centre for Reproductive Medicine

- By telephone: 0113 206 3517
- Email: [leedsth-tr.leedsrmuenquiries@nhs.net](mailto:leedsth-tr.leedsrmuenquiries@nhs.net)



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

***Your views matter***



© The Leeds Teaching Hospitals NHS Trust • 2nd Edition Version 1  
Developed by: Catherine Hayden - Consultant Gynaecologist and  
Subspecialist in Reproductive Medicine and the Fertility Preservation MDT  
Produced by: Medical Illustration Services • MID code: 20241205\_009/MH

LN004451  
Publication date  
10/2025  
Review date  
10/2028