

For Potential Egg Donors

Thank you for inquiring into Midwest Reproductive Center's Egg Donor Program. For some women, the only chance of achieving a successful pregnancy is through the assistance of an egg donor. By using IVF techniques, eggs can be retrieved from a donor and used by a recipient couple to start a family of their own.

Women in need of donated eggs may have one or more sources of infertility, including:

- Premature ovarian failure which causes little or no ovarian function
- Congenitally absent or surgically absent ovaries
- Women may have eggs of poor quality
- Genetic disorders
- Women may be survivors of Hodgkin's Disease or other cancers wherein chemotherapy or radiation therapy has destroyed their eggs

Steps to Becoming an Egg Donor

1. You must fulfill the following basic criteria:
 - Between the ages of 21 and 32
 - Non-smoker
2. If you fulfill the above criteria, then we invite you to complete the **Egg Donor Assessment Questionnaire & Egg Donor Communicable Disease Screening Form**. You can download these forms from our website or we can mail them to you.
3. Please mail your completed questionnaires to our office.
4. After our medical staff reviews your information, you may be contacted to begin the next phase of screening.

The Screening Process

The first step in this process is a telephone interview with the Egg Donor Coordinator. This interview is designed to answer your questions concerning the egg donation process and to make sure that this is an appropriate program for you.

The next steps will include a medical and physical examination, pelvic ultrasound, and laboratory tests to evaluate your fertility potential and screen for illnesses. The consent form will be reviewed and signed. After these studies are done, you will meet with a psychological counselor to further discuss the program. If married, your husband must also attend this psychological consultation.

As a donor, please be assured that you will incur no medical costs and that your information will be kept strictly confidential. The recipient will remain anonymous to you, as well.

When your screening process is completed, your information will be kept in our file of potential anonymous donors and will be presented to potential recipients upon request. Once a recipient

has chosen you as a donor, you will be contacted and the process to undergo egg donation will begin.

Preparing for Egg Donation

After a recipient has chosen you as a donor, you will begin a process that will require a time commitment of about six to eight weeks. There will be approximately five to seven office appointments during this time period. A relatively flexible schedule and your absolute commitment to this process is necessary.

The first step is learning how to administer fertility medications. Fertility medications are used to help a woman's ovaries produce multiple eggs. Some of the medication is a purified form of the natural hormones your body uses to regulate the production of eggs each month. Fertility drugs are given by injection. A registered nurse will instruct you on administering injections. You can also bring someone with you who would be willing to give your injections. Egg donors give their own injections at home and most don't find them particularly uncomfortable. In most cases, these medications are given over the course of two to three weeks. These medications need to be given at a consistent time every evening.

You will have a hormonal blood test and vaginal ultrasound on the second or third day of your menstrual cycle. You will begin taking birth control pills for a minimum of several weeks followed by a medication called Lupron in order to synchronize your menstrual cycle with the recipient's cycle.

After finishing the birth control pills, your period will start again. You will have more blood tests and an ultrasound during the first few days of this cycle, as well. You will then start injections of the medicine that will stimulate your ovaries to begin producing follicles. During this time, you will have an additional three to five office visits for blood tests and vaginal ultrasounds to determine your response to the medications, monitor follicle size, number, and growth, and aid in determining the daily dosage of medications and timing of egg retrieval. These visits usually last 15 to 30 minutes and are scheduled so that your laboratory results will be available that same day.

Sometimes a stimulated cycle does not advance to egg retrieval. The cycle may be delayed or cancelled due to inadequate follicular development or hormone levels, or premature ovulation. Although canceling a cycle can be disappointing to the donor and the recipient couple, all factors must be optimal to achieve the best possible outcome and hopefully establish a pregnancy. The guidelines from the American Society of Reproductive Medicine recommend that an egg donor undergo no more than six stimulated cycles.

You will be compensated on a "pro-rated" basis if your cycle does not advance to egg retrieval. If you cancel your cycle, you will receive no compensation.

The Egg Retrieval Procedure

Once the ultrasound and blood tests show that the eggs are optimally developed, a procedure will be performed by the physician to retrieve the eggs from the ovaries. You will need to be available for one full day on the day of the egg retrieval. During the egg retrieval you will be sedated using medication administered through an IV. Using the ultrasound for guidance, a needle is passed through the vagina into the ovaries and the eggs are removed. This procedure usually takes 15

to 30 minutes. Once the eggs are retrieved, they are taken to the laboratory. The climate in the laboratory is specifically controlled to provide an optimum environment for the eggs.

The egg retrieval procedure is usually performed in the early morning. After a short recovery period in the office, we recommend that you spend the rest of the day quietly at home. You will need someone to drive you home after the procedure and stay with you that afternoon and evening. Most women return to their normal activity the following day.

You will have a follow-up visit approximately one week after egg retrieval which will include a vaginal ultrasound. You will be given a check for \$3000.00 at this visit.

Other Requirements

Egg donors should take a daily multiple vitamin.

Please do not take Ibuprofen, Motrin, or related products. Tylenol may be taken, as needed.

Please use caffeine in moderation during the egg donation process. Please refrain from using alcohol during the egg donation process.

Please notify us if you become ill, and before taking any medications.

While you are on the fertility medications, and up to one month following the egg retrieval, please abstain from sexual intercourse or use barrier contraception. You are extremely fertile during this time.

Legal Responsibilities

The law is very clear on this matter. Children born as a result of the egg donation process legally belong to the couple receiving the donated eggs. Egg donors have absolutely no responsibility for the future welfare or support of these children.

Compensation

It is intended to provide reimbursement for the time and effort you invest in the process as well as for any inconvenience you may experience. The requirements for your compensation include:

- Arriving on time for all appointments
- Returning all phone calls promptly
- Taking fertility medications correctly and at the right time intervals
- Undergoing egg retrieval
- Midwest Reproductive Center offers \$3000 for donors who complete the cycle to the point of egg retrieval, including one follow up visit.