



## **Intended Parent(s) Handbook**

*For patient(s) working with an Egg Donor and  
Gestational Carrier using their own sperm*

# Introduction

This handbook was created to help you understand and navigate the process of participating in an Egg donation and Gestational Carrier process at Boston IVF. There are many steps, including physician visits, legal consultations, as well as medical tests, to prepare for Egg Donor and Gestational Carrier cycle. The medical team at Boston IVF is here to help you understand and complete the required steps.

The process of using egg donor and gestational carrier consist of the following steps:

1. Physician Consult
2. Intended parent(s) seminar
3. Initial intended parent(s) screening
4. Selection of your egg donor:
  - a. Screening egg donor if planning to do fresh egg donation process
  - b. Choosing egg donor from frozen egg bank if planning to proceed with frozen egg donation process
5. Selection of Gestational Carrier
6. Screening of Gestational Carrier and Intended Parents
7. Completion of legal contract between Intended Parent(s) with their Egg Donor and Gestational Carrier
8. Determination of insurance eligibility / financial clearance
9. Cycle coordination
10. Summary

# The Egg Donation and Gestational Carrier Process: Step by step

## **1. Physician Consult**

You are required to meet with one of the Boston IVF physicians to discuss egg donation and gestational carrier process. If you have not seen your Boston IVF physician within the calendar year, please make an appointment before contacting the Third-Party Reproduction Team at Boston IVF. After the initial consultation, your physician will notify Third Party Reproduction Team and request to schedule you for a phone seminar.

## **2. Intended parent(s) phone seminar**

Third Party Reproduction Team will schedule you for a complementary phone seminar to discuss the process. At the seminar, Third Party Reproduction Team nurse will review the approximate cost, timeline and step by step process.

## **3. Intended parent(s) initial screening**

Third Party Reproduction Team will schedule you for semen analysis, infectious disease and genetic testing blood work. You may also need to provide a copy of recent PAP smear and/or mammogram if applicable. You will need to complete Federal Drug Administration (FDA) requirements prior to creating your embryos (the details to be discussed at the seminar). FDA requirements consist of FDA physical exam completed by your PCP, FDA questionnaire completed by Boston IVF nurse and FDA blood work and urine testing scheduled prior or on the day of sperm sample production.

We will need to have your genetic testing results before you start looking for an egg donor.

### **4.a. Selection of an egg donor with fresh egg donation**

Boston IVF does not recruit egg donors for the fresh egg donation process but the Third-Party Reproduction team will provide you with a list of recommended agencies, which recruit egg donors. These are considered non-identified egg donors. Once you select an egg donor from the agency and make your payment and sign agreements for the agency, Boston IVF will receive your match with the information regarding the donor. The Third-Party reproduction team will send your egg donor a Boston IVF questionnaire and start the process of reviewing your egg donor. Once your egg donor is approved based on her records, you will be asked to make a payment for the egg donor's screening. If you are planning to work with a known egg donor (friend or relative), please provide your known egg donor's information to the Third-Party Reproduction team.

*All egg donors must be healthy, between the ages of 21 and 35, and free of infectious disease. We recommend selecting non-identified egg donor who is no older than 31 years old. However, we will be able to work with a known egg donor up to age 35.*

*Cross-generation egg donation in which a daughter donates to her mother, or a mother donates to her daughter is not permitted at Boston IVF.*

Your egg donor will be scheduled for medical and psychological screening at Boston IVF Waltham, MA. All egg donors (known or non-identified) must go through a medical and psychological screening at Boston IVF Waltham, MA. It may take 2-3 weeks to receive all screening results, which will determine if your egg donor is an appropriate candidate for egg donation. You will be informed when your egg donor is scheduled for screening and when results are completed.

If you are working with a known egg donor (friend or a relative), in addition to your and the egg donor's psychological consultation, you and your partner if applicable, will also be scheduled for a mutual/joint consultation with a social worker. Therefore, you and your partner (if applicable) will meet with a social worker, your egg donor will meet with a social worker, and then you all will meet as a group with a social worker.

Once the results are completed and your egg donor passes their screening, the Third-Party reproduction team will ask you to sign a legal contract with your egg donor via your reproductive attorney. You will be provided with a list of recommended reproductive attorneys to assist with the legal contract. At this time, you will also be asked to make a payment for egg donation cycle if you are self-pay and do not have insurance coverage. Once the cycle is financially cleared, your Third-Party nurse will coordinate the egg donor's cycle.

#### **4.b. Selection of an egg donor with frozen egg banks**

Boston IVF is contracted with three frozen donor egg banks:

- Donor Egg Bank USA
- MyEggBank
- Fairfax Egg Bank

During your donor egg seminar, the nurse will discuss these options with you. You will also receive a seminar packet with information about how to log into the frozen donor egg banks database and select egg donor.

All egg donors on frozen donor egg banks' databases have already completed the medical and psychological screening, the IVF cycle and eggs have been retrieved and frozen. The eggs are divided up into the egg lots to allow several donor egg recipients to choose the same donor. Each egg lot contains approximately 5-8 frozen donor eggs.

You will be able to choose your egg donor based on her profile, adult and childhood pictures and profile. You will also be able to review egg donors' genetic testing report. Once you select the egg donor, Boston IVF will receive egg donor's genetic testing report and your nurse will compare egg donor's genetic testing to your partner or sperm donor's genetic testing. This will ensure that egg donor and partner/sperm donor are not carriers for the same diseases. Once this review is completed and you are notified that you can proceed with the selected egg donor, you will be able to finalize your match with the frozen bank.

Once the egg donor match is finalized, Boston IVF will receive your selected donor egg lot within 2-3 weeks. Your nurse will coordinate the dates for your cycle once the egg lot is on site. Once you start the medications, your nurse will schedule the donor egg thaw date and embryo transfer, which typically happens approximately 3-5 weeks after starting medications.

The medications and step by step process are similar to the process with fresh egg donation.

*There is a possibility of partial insurance coverage with some insurance plans for frozen egg donation process. You will need to discuss your insurance coverage with the financial coordinator. We do not recommend selecting an egg donor from the frozen donor egg bank until you complete your screening tests and receive insurance authorization (if applicable).*

*You will not need to sign a legal contract with a selected egg donor from frozen egg bank. The frozen egg bank will send you legal and financial agreements to sign once you select the egg donor.*

## **5. Selection of a Gestational Carrier**

The next step is to choose a gestational carrier. Boston IVF does not recruit carriers, but works with agencies, which recruit carriers. You will be provided with a list of recommended agencies. You may choose to work with a known carrier, either a family member or a close friend. A gestational carrier process presents a number of unique medical and legal issues, which need to be carefully considered.

It is important to remember that a potential gestational carrier should be healthy, have had a previous uncomplicated pregnancy and delivery, and be free of infectious diseases.

The gestational carrier will need to make several visits to Boston IVF, daily injections for 12 weeks if she is pregnant, and be aware of the medical risks that are linked to pregnancy and delivery. Part of the screening for gestational carrier is to ensure that their participation appears reasonable and voluntary.

## **6. Screening of the Gestational Carrier and the Intended Parents**

The intended parent(s)/gestational carrier screening consists of several appointments and typically scheduled in 2 days. The Third-Party Reproduction Team at Boston IVF will review all tests needed and assist you in scheduling the screening. The screening needs to be completed prior to initiating cycle at Boston IVF.

As part of intended parent(s)/gestational carrier screening, you and your gestational carrier will be meeting with a BIVF physician. During the screening, BIVF physician will meet with the Intended Parent (s) and the Gestational Carrier each separately, then all together.

The medical screening includes blood and urine testing for infectious diseases and drug screen.

Your gestational carrier will also be meeting with Third Party Reproduction nurse for cycle overview and medication/injection teaching.

The psychological screening is a large and very important part of the evaluation. Your gestational carrier will undergo several psychological testing and meeting with a mental health provider. You will also meet with a mental health provider and then you and your gestational carrier will meet with a mental health provider for a group meeting. During these meetings, the communication and understanding among all those involved in the cycle will be addressed.

If gestational carrier has a partner, she/he/they will also participate in the medical/psychological screening.

We know that many Gestational Carriers have children; however, we ask that they make arrangements for care either in their home, or outside of Boston IVF, wherever they are staying. This is an important visit filled with a large amount of information, which requires full attention from all who are involved. Also, while we love children, our patients are particularly sensitive to the presence of children due to the nature of our practice. We thank you in advance for your respectful compliance.

Please note that Boston IVF does not allow concurrent/simultaneous pregnancies with either intended parents and gestational carrier or two gestational carriers.

## 7. Completion of legal contract between Intended Parent(s) with their Egg Donor and Gestational Carrier

It is a requirement that intended parent(s) sign a legal contract with egg donor and Gestational carrier executed by a reproductive lawyer before proceeding with a cycle at Boston IVF. This is required for a known and agency egg donor and gestational carrier. Please note: if you decide to proceed with frozen egg donation, you will not need to hire a reproductive attorney. The frozen donor egg bank will send you a legal agreement to sign.

## 8. Determination of Insurance Eligibility/ Financial Clearance

A Gestational Carrier and egg donation process is expensive. It is important that you meet with a Boston IVF financial coordinator before you embark on the process, ideally at the time of your initial consult with your Physician here at Boston IVF. During your meeting with the financial coordinator, you will learn what costs, if any, will be covered by your insurer, and also what costs will be your responsibility. Please do not proceed with screening or treatment until you understand your financial responsibilities.

## 9. Treatment Cycle Coordination

Third Party Reproduction Nurse will be coordinating dates for your egg donor and gestational carrier's cycles. Most likely, your egg donor will undergo donor IVF cycle first, the eggs will be inseminated with your sperm, embryos created and frozen.

The gestational carrier will undergo a frozen embryo transfer cycle at a later time once embryos are available.

If you decide to proceed with frozen donor egg option, a frozen egg bank will ship egg lot of your selected egg donor to Boston IVF. Third Party Reproduction Nurse will coordinate dates for your gestational carrier's cycle and plan egg thaw. We will use your sperm sample to inseminate frozen donor eggs to create embryos. In this case, usually fresh embryo is transferred to your gestational carrier 5 days after egg thaw.

Please note: you will need to complete few FDA requirements prior to producing sperm sample and creating embryos. Third Party Reproduction Nurse will review the details with you during the process.

## 10. Summary

All of us at Boston IVF hope that your egg donor IVF experience is a positive and successful one. This handbook is a guideline for your treatment and its purpose is to provide you with a detailed overview of the entire process. As scientific advances occur at a rapid pace, please make sure that you check with our Third-Party Program Coordinator for specific instructions regarding your care.