



Boston IVF

Oocyte Donor Handbook

Introduction

Welcome to the egg donor program at Boston IVF. This booklet contains information that will help you understand the program and the steps required at each stage of the process. We encourage you to read this booklet carefully and ask our egg donor coordinator to clarify any points that you find confusing. We thank you for your participation and look forward to working with you.

Who can be an Egg Donor

An egg donor is a compassionate woman who offers another woman the chance to become a mother. Any woman in good health, between the ages of 21 and 31 years old can apply to be an egg donor. We also accept known egg donors between 21-35 years old. Egg donors must also be responsible and dependable.

Who Needs Egg Donor IVF

Egg donor IVF is offered for women who no longer have any eggs of their own because of menopause, cannot conceive using their own eggs, or the women who carry significant genetic diseases which they do not want to pass on to their children. Also egg donor IVF is offered to the same sex male couples or single male patients.

An Overview of Egg Donation

Egg donors first undergo several medical and psychological screening tests. When these have been successfully completed, the egg donor takes fertility medications to help more eggs mature than would normally be in a menstrual cycle. She then has a 20-minute, minor surgical procedure under anesthesia, to retrieve those eggs.

Financial Obligations of an egg donor

Egg donors are not expected to pay for the medical and psychological screening tests, medications or procedures that occur leading up to, or during, the donation cycle. Donors who do not have a personal relationship with the recipient receive financial compensation for the time and energy they put into donating their eggs.

Becoming an Egg Donor

There are several steps in the process of becoming an egg donor. This section of the handbook describes each step along the way. This process applies to both known and non-identified donors. Boston IVF recruits egg donors for MyEggBank (frozen donor egg bank) only. All non-identified egg donors who wish to be matched with a recipient for fresh egg donation need to contact the donor egg agencies.

The Role of the Agency

Women who wish to become an egg donor for the fresh egg donation process need to contact an Egg Donation Agency. The Agency enables a recipient or intended parent to select a potential egg donor. The Agency should provide a potential egg donor with a general understanding of the entire egg donation process, including medical screening, procedures prior to being accepted as an egg donor, the administration of medications, monitoring of the ovaries, and the minor surgical procedure involved. The Agency helps the donor understand the responsibilities she takes on during her treatment, and helps her to set her expectations, so she can anticipate every step in the process. Boston IVF will only work with those agencies that follow ASRM guidelines.

Egg Donation For Frozen Donor Egg Bank

Boston IVF accepts egg donors' applications for MyEggBank (frozen donor egg bank) donation. Once the egg donor's application is approved, the egg donor will be schedule for prescreening testing. The prescreening testing consists of blood work and ultrasound for ovarian function and genetic testing. Once genetic results are available, the donor will be schedule for a genetic consultation. If the egg donor passes the prescreening, the egg donor will be scheduled for full medical and psychological screening at Boston IVF. If the egg donor passes medical/psychological screening, the egg donor IVF cycle will be coordinated. Once eggs are retrieved, the eggs will be frozen and divided in several egg lots. Then egg lots will be available on MyEggBank database for recipients/intended parents to view and select.

The egg donor is compensated the day the eggs are retrieved/frozen.

Setting Expectations

Egg donation has been practiced in the United States for nearly twenty years, and the procedure has a long safety record. Many women have satisfied their desire to help others by becoming an egg donor. However, being an egg donor requires more than a desire to help others. Being an egg donor

requires time, commitment, and responsibility to undergo the screening process and IVF cycle.

As an egg donor, you will be asked to travel to Boston IVF for testing and treatment. Usually, the time sensitive tests are limited to just a few days during the process, but they are critical and cannot be missed.

The egg retrieval, to gather the eggs, is a minor surgical procedure done at Boston IVF's Waltham Center. All egg donors are required to have a responsible adult accompany them on the day of retrieval. This is critical to an egg donor's safety. If egg donors do not have anyone available to accompany them to and from the procedure, they must inform their agency and Boston IVF's donor egg coordinator, so that alternate arrangements can be made for them by the agency.

Some egg donors travel long distances to donate their eggs. If you are a donor from out of town you will be required to arrive to Boston/Waltham on 6th night of injections and be available for monitoring at Boston IVF on the 7th day of the injections. Egg donors will be expected to stay in Boston/Waltham until the retrieval is completed (approximately 7-10 days). Boston IVF will be in contact with you, and your agency, to plan for your travel arrangements. The egg donors will be able to travel home 1 day after the procedure.

The agency will arrange the egg donor's travel and accommodation

Egg donor screening process

There are several steps required of the donor before the procedure can take place. All tests and consultations have been designed to ensure you are healthy and ideal candidate for the egg donation. The donor egg team will be in contact with you to arrange these tests.

The Medical Questionnaire

The purpose of the medical questionnaire is to determine if you are an ideal candidate for egg donation.

After the Medical Questionnaire has been reviewed/approved, the egg donor will be contacted with next steps. At that time, the egg donor will be scheduled for medical and psychological screening at Boston IVF

The Medical Examination

During this examination the donor will meet with a Boston IVF nurse practitioner for a physical exam, have blood drawn, a transvaginal ultrasound and an urine test performed.

Psychological test

All potential egg donor will need to complete a Personality Assessment Inventory test (PAI) The PAI was developed many years ago and is a widely accepted as a screening tool for mental health.

The Psychological Interview

All potential egg donors will need to meet with a mental health provider. The interview will focus on the many complex moral, ethical, and psychosocial issues that confront egg donors. Our experienced mental health provider will help the donors to explore many issues to ensure the donors feel confident in their choice to donate the eggs. The known donors will have a private and a joint meeting with the recipient and the mental health provider.

Consent Forms and Legal Issues

All donors are required to sign Boston IVF consent forms and to sign a legal contract with the recipient.

The egg donors who are donating eggs to the frozen donor egg bank, will need to sign frozen donor egg bank agreement.

Pre-Cycle Recommendations

At Boston IVF, we have two goals for your egg donation cycle. The first goal is to help you donate eggs safely, and with a minimal discomfort. The second goal is to help an infertile woman achieve a pregnancy that results in the delivery of a healthy baby. There are certain things you can do to help us achieve these goals.

Sexual Relations

During the month that you are donating eggs, we advise you to abstain from a sexual intercourse if you are in a relationship where pregnancy can occur. This will reduce your personal risk of becoming pregnant unintentionally during the treatment cycle.

Smoking

The detrimental effects of smoking on general health are well established (e.g., heart disease, cancer, and chronic lung disease). Smoking also impacts reproductive health. If you smoke, we strongly feel that for general and reproductive health concerns, you must stop. If you are unable to stop smoking on your own, then you should contact your primary care physician to enroll in a smoking cessation program. We are unable to accept you as a donor until you have stopped smoking.

Alcohol

Alcohol should be avoided during the month of egg donation. Although the mechanism of action is unknown, alcohol can interfere with fertility and the hormonal medications.

Recreational Drug Use

The use of recreational drugs is absolutely contraindicated while donating eggs. Furthermore, the use of intravenous drugs increases the risk of acquiring an HIV and hepatitis infection and you will not be accepted as an egg donor.

Medication Use

All over the counter medications and non-fertility medications that have been prescribed should be discussed with donor egg team. Herbal remedies should be completely avoided since their effects on fertility are unknown.

Aspirin, Motrin and similar products

Ingestion of aspirin or aspirin-like products (i.e. Motrin, Advil, Anaprox, Aleve, Bayer, Nuprin, etc.) should be avoided during treatment. Tylenol or Extra Strength Tylenol is a suitable alternative.

Exercise

The benefits of exercise on general health and mental well-being are well established. As your ovaries are stimulated, you may experience abdominal discomfort with vigorous exercise. If you begin to experience these symptoms, reduce your exercise intensity. Following the egg donation process you may resume your previous level activity at a comfortable, gradual pace.

Nutrition

Our general health is influenced by what we eat, how much we eat, and how much energy we expend with activity and exercise. In addition, our nutritional state can impact on your reproductive health. As a general recommendation, you are encouraged to maintain a balanced diet of fruits, vegetables, breads, meats, and dairy products. Foods with high content of fats and oils should be used at a minimum. In addition to a balanced diet, caloric intake should be limited to maintain a healthy body weight.

Important Contact Information

Our office phone number is 781-434-6500 and ask to speak to the donor egg team