



ANU
FERTILITY

BECOMING AN EGG DONOR



Cally – ANU Fertility Egg Donor

THE ULTIMATE GUIDE



We are so happy that you have expressed an interest in becoming an Egg Donor and genuinely appreciate you considering giving this precious gift to these hopeful families. There is an incredibly unique family just waiting for your amazing gift. We would like to do everything in our power to make this process as easy as possible.

This guide is written to answer the most fundamental questions about becoming an Egg Donor and will probably help incite a few more that we would be happy to respond just as soon as you're ready.



- 4 "Do I Qualify?"
- 5 "Do I Get Paid?"
- 6 "Who Needs A Donor?"
- 7 Where Your Eggs Go
- 8 What Happens First
- 9 Your Health History
- 10 The Retrieval Procedure
- 11 Medications
- 12 Bring Support
- 13 4 Egg Donor Myths
- 14 The Egg Donor Process
- 19 Answers To Common Questions



DO I QUALIFY TO BE AN EGG DONOR?

- Age 19-29
- Good overall health
- Healthy BMI
- No known genetic issues in your family history
- Can make a 10 – 14 day commitment

If you answered 'yes' to these questions then you're already halfway there.

Maria – ANU Fertility Egg Donor



DO I GET PAID TO BE AN EGG DONOR?

EGG DONORS ARE REIMBURSED
\$4,000 – \$5,000 (ON AVERAGE) PER DONATION.

While Egg Donation is absolutely legal in Canada, technically, we cannot pay Donors for their amazing gift. Donors will have all of their related expenses reimbursed – things like lost wages, childcare, food, clothing, transportation, travel, communication, wellness, post-retrieval recovery and others. For most egg donors, this amount will fall between \$4,000 and \$5,000.

All your expenses are covered from beginning to end. We work closely with you and walk you through the receipt management process to make sure you're thoroughly reimbursed.



WHO NEEDS A DONOR

There are many reasons an Intended Parent might need an egg donor, including:

- Same-sex couples
- Cancer survivors
- Single Intended Parents
- Unexplained infertility
- Situations where the woman has faced early menopause
- Families with known genetic concerns
- History of high-risk pregnancies

Do you want to help someone who can't have children on their own?

Is this a good time to give the gift of life and help a family grow?

**Are you not planning children of your own for a while?
Maybe you don't know if you will ever have a child of your own!**

**Not planning on having any children?
Are you finished growing your own family?**

Imagine giving the ultimate gift of parenthood to a deserving person or couple.



WHERE YOUR EGGS GO

One of the most meaningful features of our service is that once the Intended Parents select you, then YOU get to make the final decision as to whether or not you want to work with them. While many agencies don't do this, we believe it helps create a connection between Parent, Surrogate and Egg Donor that is much stronger.

We are also one of the few agencies that encourages and supports a donor to choose if they wish to be a known or anonymous donor.

Ultimately it is for you to decide where your eggs go.

Of course, if you already know the Intended Parent, we support that too!



WHAT HAPPENS FIRST?

THE FIRST STEP TO EGG DONATION IS A MINI-INTAKE FORM.

This is the form you'll fill out and take to the clinic to help pre-qualify you. It allows us to get a general picture of your health and to determine if egg donorship is the right fit for you.



Tanisha – ANU Fertility Egg Donor





YOUR HEALTH HISTORY

When it comes to questions about your health history, we'll start with some of the most obvious things such as recent cancer in the family, any diagnosed mental health issues, severe genetic disorders, and drug or alcohol misuse.

Jessie – ANU Fertility Egg Donor





Becky – ANU Fertility Egg Donor

THE RETRIEVAL PROCEDURE

The retrieval will occur at the IVF centre, in an operating or procedure room. A vaginal ultrasound probe, with a needle guide, is inserted into the vagina. The tip of the needle enters the ovaries and aspirates each follicle for an egg.

DID YOU KNOW?

- Eggs develop in your ovaries in fluid filled sacs called follicles.
- The follicles can be observed and measured through ultrasound; each follicle contains one microscopic egg.
- The egg is attaches itself loosely to the follicle wall.

AFTER EGGS ARE RETRIEVED

After the eggs are retrieved, they are identified, rinsed in culture media, and then placed in plastic culture dishes. On average 10-30 eggs are extracted during the procedure. Not long after the eggs are retrieved, they are placed in a culture dish fertilized with the sperm In-Vitro.



MEDICATIONS

Not all clinics use the same protocols. Here are some of the main medications that we have seen used:

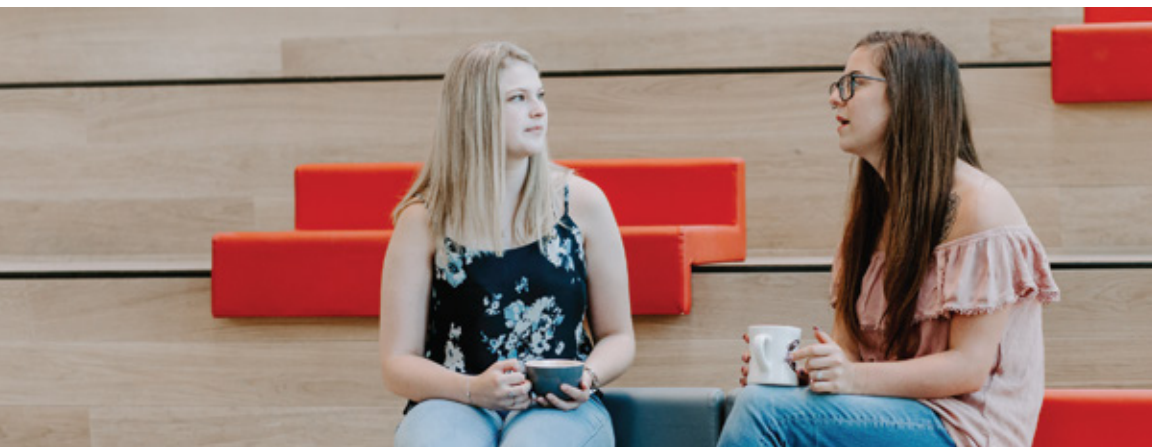
FOLLICLE STIMULATION HORMONES (FHS OR GONADOTROPIN):

FHS stimulates the ovaries and causes them to produce more follicles—increasing the likelihood of a successful outcome. It is given subcutaneously for about 10-12 days.

HUMAN CHORIONIC GONADOTROPIN (HCG):

HCG prepares the ovaries for egg retrieval. This medication must be taken at the prescribed time as the egg retrieval is a timed procedure.

* Please note, this may not be a complete list depending on the clinic *



Terra & Tanisha – ANU Fertility Egg Donor



BRING SUPPORT

The retrieval process takes a lot out of you physically, so we prefer you to have someone accompany you to your final appointment.

Having some company is for your benefit as you will be feeling pretty crummy after and we don't want you walking, biking or taking transit by yourself. If you're flying, we recommend you fly back the day following the retrieval.



4 EGG DONOR MYTHS

Myth 1 – There are major and frequent side effects of treatment.

Myth 2 – It is illegal to be a donor in Canada.

Myth 3 – It is illegal to be reimbursed for being an egg donor. You can be reimbursed for out of pocket expenses pertaining to this donation as long as there are receipts to go along with your claim.

Myth 4 – The baby belongs to you.



Merissa – ANU Fertility Egg Donor



EGG DONOR PROCESS

1. APPLICATION

Fill out our initial Mini-Intake form. Your information is reviewed and if accepted, you'll be asked to fill out a detailed personal profile.

When filling out your detailed intake form, it's important to keep in mind that this becomes your profile and will be your first point of contact with the Intended Parents. Your profile is kind of like your resume and we want to make sure you showcase yourself in the best way possible.

- We want you to put your best foot forward. Good quality, high-res photos and a thoughtful approach are required.
- Here you fill out a detailed family history and background of yourself. This helps give us (and you) an overall picture of your health. We'll also provide you with guidance to help make sure this is the right decision for you.

2. APPLICATION APPROVAL BY CLINIC

On average it takes a week to hear back. If the doctor has any questions or concerns, we'll pass them along to you for clarification.



3. EGG DONOR MATCHING

- What's the right fit for you? Maybe you want to give back to the gay community. Maybe you want to give back to a single parent who just wants to be a parent like you. There are so many reasons and we want to make sure that your values and the value of the Intended Parents are in alignment. You might just want to help someone grow their family. And really—that is the main reason for Egg Donorship in the first place.
- Once Intended Parents choose your profile, it's up to you to decide if this is a good fit for you. Does it fit your timeline? The choice to move forward is fully yours.



JD— ANU Fertility Egg Donor



4. MEDICAL APPOINTMENT

After you're matched with the Intended Parent, the clinic will connect with you for an appointment:

- Meet the doctor and the medical team
- Blood work for infectious disease, hormone levels, and genetic testing
- Ultrasound of your ovaries
- Counselling – another discussion to make sure you understand everything and that it is right for you.

It will take up to 6 weeks to have all the results back.

Before the appointment, we'll guide you, step-by-step, through what to expect at the clinic.

5. CONTRACTS

- The contract will outline the responsibilities divided between you and the Intended Parents.
 - Basically it means, you're not going to go out and go skydiving during the donor process. It's essentially an agreement that says you agree to be, "healthy and safe!"
- It also says that you don't have any parental rights or responsibilities. The Intended Parents are responsible for the baby—you are not!
- We will refer you to an experienced Egg Donor lawyer that will walk you through your contract.
- A legal agreement is established for the benefit and protection of everyone involved.



6. MEDICATION CYCLE AND MONITORING

- Naturally, you produce 1-2 eggs per month, if you don't fertilize the egg it sheds with the lining and you get your period.

In order to produce many eggs in one cycle, you will need to take a series of mini injections to stimulate your ovaries to prepare many eggs for ovulation. You will be monitored closely over about 12 days to make sure that you are responding well to the medication, and are healthy and safe.

When the eggs are ready, the clinic will administer what's called the trigger injection – this makes the eggs release so they can be retrieved.

You will probably produce from 10 – 30 eggs which will be retrieved by the doctor approximately 36 hours after the trigger injection.

7. READY FOR PROCEDURE

When your cycle is coming to an end, you will begin the egg retrieval procedure which typically occurs at the clinic in the morning.

8. RETRIEVAL DAY!

- Retrieval of eggs happens approximately 12 days after the start of the medications. **You will need to be within the vicinity of the clinic during these 12 days.** It's very likely that you are going to travel (all expenses are covered).



- This is a 20 to 30-minute procedure at the clinic, done under sedation where the doctor retrieves the eggs from your ovaries. This is basically done like a pap—it's a non-surgical procedure that goes in vaginally. It's uncomfortable, and most ladies have reported it to be like a heavy period cramp, which is why you get twilight sedation. After the procedure, you rest for a bit and go back to your hotel or home.



9. POST-RETRIEVAL

You'll go back to your hotel room or home, the sedation is basically the same as you get at the dental clinic—so no driving as you'll need to rest for up to 24 hours. If there are no complications (which are rare), you're free to head home.



ANSWERS TO COMMON QUESTIONS

Do you do known donations?

There are both known and anonymous donations. You have full control, and we will walk you through what that will look like.

Who's responsible for the child?

The Intended Parents have complete care and responsibility for the child.

Will I get paid to donate my eggs?

You cannot technically get paid to donate eggs, although all of your expenses (airline ticket, hotel, lost wages, childcare, etc.) will be covered during the process.

How old do I have to be to donate my eggs?

Between 19 and 32.

What is the egg donation process like?

Giving the gift of parenthood to a deserving couple is a life-changing experience. Having said that, there are parts of the process like meds and the procedure that will give you some discomfort.

Will there be side effects from the procedure?

Intravenous sedation is also given typically at time of retrieval so there for the process is painless. However once that wears off you will feel like period cramps.

Will I still be fertile after egg donation?

Yes!



Are there medical risks to egg donation?

For every medical procedure, there are risks involved (there are even risks to getting your tonsils removed). We work in lock-step with the clinic where they closely monitor your health every step of the way. To ensure your health and safety, as the retrieval date nears, they'll track your blood work and do an ultrasound to see how fast your eggs are growing and that you're in the best health possible.

How long does the egg donation process take?

From beginning to end it usually take around 2-3 months

What type medication do I take?

- Gonal F
- Follicle Stimulation Hormones (FHS or Gonadotropin)
- Human Chorionic Gonadotropin (hCG)

Will I be put under for egg retrieval?

No, however, the procedure is performed under twilight sedation (similar to when you get dental work done) and generally takes about 30 mins.

How many eggs does the average donor produce?

10-30 eggs

Will I experience a lot of pain after egg retrieval?

There is some discomfort for sure, but you'll be put into twilight sedation for the actual procedure.



How long will it take for my body to return to normal after egg retrieval?

For the first 24 hours you are recovering from sedation, so you'll be groggy – which is why you have a support person with you. Most people will recover completely within 48 hours and some can take up to 7 days.

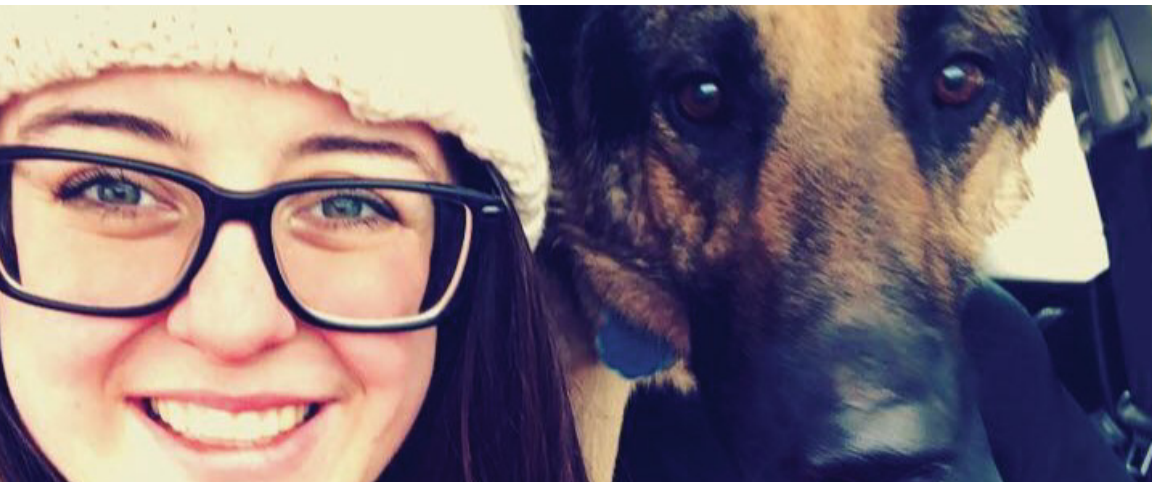
How often can I donate?

It depends on your overall health and desire to donate. Some women have given once, some have donated multiple times because they love the experience.

On average we find that women perform 3 – 10 donations in their lifetime. We've had some superstars donate more than a dozen times but ultimately the choice is up to you (and your doctor) and what you feel comfortable doing.

Can I arrange the process around my busy life? What if I have school exams – or a hectic work schedule?

Yes – we understand that life can be busy sometimes – we will work around you. – We want this to be the right fit for your life.





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Jessie – ANU Fertility Egg Donor

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