

Information for Egg Donors

Thank you for considering egg donation. Enabling someone to have a child through the gift of egg donation is one of the most wonderful things you can do. Our donors feel a huge sense of pride and achievement, knowing the joy they have brought to people who could not otherwise become parents. However, the decision to donate eggs should not be taken lightly and you shouldn't donate your eggs if the financial compensation is your main motivation. You will need to consider the time commitment you will be making now as well as your long-term welfare and that of your family.

This leaflet will

- Help prepare you for donating your eggs
- Provide information about the law of donation and how it affects you
- Answer your questions about egg donation
- Encourage you to think about the issues you might face

Who can be a donor?

In order to become an egg donor at Complete Fertility, you will need to meet the following requirements:

- Be between the ages of 18 and 35 years
- Be a non-smoker for a least three months
- Be fit and healthy with a BMI between 20 and 30
- Have measurements of ovarian reserve (an indication of egg supply) obtained through an AMH blood test with a required result between 15-35
- Have no previous history of low ovarian response to ovarian stimulation for IVF
- Have both ovaries in place
- Have no personal history of transmissible diseases
- Have no personal or family history of inheritable diseases
- Have no polycystic ovarian disease
- Have no fallopian tube disease

We need to check your eligibility very carefully to prevent the risk of spreading disease and inheritable illnesses. We want to give egg recipients (the women you will be donating to) the best chance of having a healthy baby. You will be asked to complete a questionnaire and one of our doctors will ask you questions and your medical history and about your family's medical history. We will also, with your consent, write to your GP in case they have any information that may be relevant.

Who needs donated eggs?

There are a number of reasons why women need egg donation, for example:

- They may have undergone treatment for cancer, such as surgery, chemotherapy or radiotherapy, which will often damage the eggs and ovaries so that no eggs are produced.
- Some women have undergone repeated IVF treatment cycles where they have not responded to stimulation or they have produced poor quality eggs, which have failed to fertilise or they have just not been able to fall pregnant.
- They may have been born with a congenital condition, which means that they have either absent or underdeveloped ovaries.
- Sadly some women under the age of 40 go through a premature menopause.
- Some women are fertile and can produce eggs, but are at risk of passing on a genetic condition to their child. Using donated eggs may be the only way that these women can have a fit and healthy baby.
- Some women have tried and failed for many years to start a family, sometimes without a known cause of their infertility.

What tests will I need to have?

We need to carry out screening tests to ensure that you are free from infection and have a normal genetic makeup. We will also scan your ovaries to ensure that they are healthy. You will need to have blood tests for the following:

- To check your own fertility and whether your ovaries are likely to respond to hormonal stimulation
- To see if you are a carrier of the Cystic Fibrosis gene
- To check that you have normal chromosomes
- To see if you have any infectious diseases: HIV, Hepatitis B, Hepatitis C, HTLV, CMV
- To check whether you have any sexually transmitted infections: Syphilis

You will need to give a urine sample to test for the following:

- To check whether you have any sexually transmitted infections: Chlamydia and Gonorrhoea

Sometimes we will do additional blood tests if there is something in your history to indicate that you may be at a higher risk of certain other diseases.

What is the process of egg donation?

You will need to come for the following appointments, the process will take place approximately 6 months to complete:

1. Initial blood test for AMH
2. Counselling appointment and screening blood tests
3. Internal ultrasound scan of your ovaries and womb
4. Medical appointment with a doctor to review your results and determine your suitability to donate. Overview of the treatment and signing of consent forms with the donor coordinator
5. Nurse appointment to explain the detail of your treatment plan and repeat screening blood tests
6. Initial scan of your ovaries at start of treatment to ensure you are ok to proceed
7. Scan of your ovaries to check response to the stimulation drugs
8. One to two further scans of your ovaries to check response
9. Egg collection
10. If any eggs are being frozen, a final screening blood test (after 3 month quarantine period)

In most cycles, the donated eggs will be frozen and allocated to a recipient(s) at a later date, after a 3 month quarantine period. However, some cycles will be a fresh donation, and your recipient will be synchronised to your cycle. The donation team at the centre will let you know what type of donation yours will be.

You will need to attend the counselling appointment with your partner if you have one and you will need someone to be with you when you come for your egg collection and to take you home afterwards

What does the treatment actually involve?

1. Stimulating your ovaries

Following an internal scan to check that you can start the treatment, the next step is to start stimulating your ovaries with Follicle Stimulating Hormone (FSH). FSH naturally occurs in your body and the dose you will be prescribed should ensure your ovaries are sufficiently stimulated to mature all the eggs that are available that cycle. This is usually between 10 and 15 eggs.

FSH is given by injection with a very small needle into either your tummy or your thigh. You will be given training on how to give yourself these injections within the comfort of your own home.

2. Monitoring your treatment cycle

When you have been taking the injections for about a week, we ask you to come in for another internal scan so that we can monitor how well your ovaries are responding to the FSH. We do this by measuring the size and number of your egg follicles. At this stage we may alter the dose of FSH depending on how you are responding. Scans then continue every 2-3 days until there are a sufficient number of mature eggs to collect. Occasionally, egg donors don't respond to FSH and the treatment cycle may need to be cancelled at this stage.

3. Triggering ovulation

When the scan shows that you have a number of egg follicles of about the right size we'll ask you to take a final trigger injection at night to release the eggs from the follicles. This usually takes between 10 and 12 days from the first day you started the FSH injections. This trigger injection has to be taken at the correct time, as your eggs will be ready for collection approximately 36 hours later.

4. Egg collection

You'll be asked to come to the clinic about 36 hours after taking your final injection. You will see an anaesthetist who will give you conscious sedation medication to ensure that you don't feel any pain during the egg collection procedure. We will collect your eggs by passing a fine needle through the vaginal wall into each of your ovaries. The fluid contained in each follicle is sucked into the needle and transferred into a tube and passed to one of our embryologists. They will then check the number of eggs that have been retrieved and put them in an incubator in our laboratory ready for freezing or insemination with the recipient's sperm (if a fresh donation).

You will rest in the clinic for a short while following the procedure, after which you may go home. You will be a little drowsy from the sedative and must be taken home by a friend or family member. You will need to take the day off work and you must not drive for 24 hours.

We will keep in contact with you to check that you are feeling ok after the procedure. You will have a period about two weeks after the egg retrieval.

5. Final Screening

Before any frozen eggs can be used in treatment they are quarantined for 3 months. At the end of this period you will need to attend the clinic for a final screening appointment. If all the eggs are used in a fresh donation cycle, you will not need to attend this appointment.

Do I need to come off my usual contraception during the treatment?

If you are using the pill or the mini pill for contraception you can take it right up until you start your treatment. The nurse will instruct you when to stop taking your pill. If you use the mirena coil you will need have this removed in the month or two before

your egg collection and take extra precautions during this time. If you use a copper coil, this can remain in place during treatment. You can resume your usual methods of contraception after your egg collection procedure.

Unfortunately you cannot start the egg donation screening process while you are on the implant or injection. For advice regarding your contraception please see your GP.

Can I have sex during the treatment?

You should avoid having unprotected sex during your treatment and we recommend using a condom if you have stopped your usual method of contraception. Sex can be a little uncomfortable in the later stages of ovarian stimulation because the ovaries are swollen. You are advised to avoid sex for a few days after you have had your eggs collected as you are likely to be a bit sore and there could be a risk of infection.

What do I have to consider before donating my eggs?

Egg donation is an incredible gift, but it may have short and long term implications for you, your partner, your children, the women who receive your eggs and any children born as a result of your donation. We invite you to consider these implications before you commit to egg donation.

All our egg donors and their partners have a session with our counsellor. This is a confidential session to give you the opportunity to explore the short and long term implications of egg donation and allow you to consider how egg donation might affect you, your partner (if you have one), your children (if you have any) and any child who may be conceived by way of your donation.

Counselling gives you a chance to ask questions in complete confidentiality. Our counsellor aims to enable you to come to a confident and comfortable decision about whether to donate your eggs. There is no obligation to continue the process following your counselling session. As well as addressing any questions you may have, the counselling session also provides you with an opportunity to consider what information you would like to give about yourself, and to learn who might have access to this information and when. Counselling is available throughout your time at the clinic and you may return at any time in the future to see our counsellor if you have any issues concerning your donation.

What details will I have to give about myself and why?

We ask you to complete a Donor Information Form and provide the following:

- Your name
- The name you were born with if this is different to your current name
- Your date and place of birth
- Your NHS or passport number

- Your address at the time of donation
- Whether you have children of your own and if so, how many and whether they are girls or boys
- Your appearance: height and weight and colour of eyes, hair and skin
- Your ethnic group and your biological mother and father's ethnic group
- Your medical history, any physical or mental health problems or disabilities you have
- Whether there are any medical conditions that you know of in your own biological family that could potentially be passed on
- Your job
- Your religion
- Your skills and interests
- Your reasons for donating

Finally you will be asked to write a personal message for a potential donor-conceived child and provide non-identifying information about yourself that you feel sums you up as a person. This could include information about your education, achievements, views, values and life experiences. We know that this information can be very important for donor-conceived people as they are growing up.

How do you match me to a recipient?

It is our policy to offer your donated eggs to a recipient(s) and to share all the non-identifying information that you provide on your donor information form with them if they wish to see it. This will include details of your physical characteristics such as hair colour, skin colour and eye colour. Generally our egg donors donate to two recipients per treatment.

What will the child be told about me?

We inform all recipients during their counselling session that it is in the best interests of donor-conceived children to learn about the fact of their donor conception from an early age.

Most parents intend to be open and will share any non-identifying information that they have about you with their child(ren). People conceived as a result of egg donation are often curious about their genetic origins. They may want to know whether they look like you or have a similar personality. They may also wonder why you decided to donate and whether you have children of your own. This important information that you provide enables the parents to talk about the child's origins and helps the child to build a mental picture of you.

Ancestry Websites

It is important to be aware that due to the emergence of ancestry websites it is possible that donors, donor conceived people and their close genetic relatives could become identifiable to each other. This will be discussed further at your implications counselling session.

Egg Donation and the law

Is egg donation anonymous?

It is in the sense that your recipient will not be given identifying information about you and you will not know who your recipient is. However, a new law came into effect in 2005, giving donor conceived people the right to apply for the following identifying information about their donor once they are 18 years old:

- Full name (and any previous names)
- Date of birth
- Town or district of birth
- Last known postal address (or address at the time of registration)

This means that any person born as a result of your donation has the potential to contact you in the future, although it's not known how many donor-conceived people will want to do this.

Do I have any say about how my eggs are used?

Although you can by law place conditions on who can receive your eggs, for example you may only wish for your eggs to be used by a named person. In practice, if you are an anonymous donor, you may not be accepted if you impose conditions. Complete Fertility Centre has a duty to provide equality of opportunity to our donation programme and we need to ensure that any conditions imposed do not unfairly discriminate against a person or group of people.

How many children could be born from my donation?

Each donor can by law donate eggs to create a maximum of 10 families, although only one or two women will receive your eggs per donation cycle. Each treatment cycle with donated eggs could result in one baby, twins, or possibly even triplets. Also if you consent to this, embryos created from your donated eggs, not used in the current treatment cycle, could be frozen and stored for your recipient(s) to try for a second child. Consent allowing, it is also possible that once your recipient(s) complete her/their family, frozen embryos still in storage could be donated to another recipient for embryo donation treatment. However, it is unlikely that there will be more than two or three deliveries from one donation and of course sometimes the treatment will be unsuccessful.

What if I change my mind?

When you donate you consent in writing to your eggs being used for the treatment of others. You can change or withdraw your consent up to the point that embryos created from your eggs are placed into the recipient's womb. Given that fertility treatment is costly, time-consuming and emotionally and physically stressful, it is important to be sure that you really want to donate before proceeding.

Could I be sued for any reason?

Any donor-conceived person born with an inherited condition could sue for damages if it can be proven that you had deliberately withheld information about your medical history at the time of your donation. It is imperative that you tell the consultant about any inheritable disabilities or illnesses that affect you or your family.

Do I have any responsibilities towards a child created from my eggs?

You have no legal rights or responsibilities for any person created from your donation, financial or otherwise. The recipient (and their partner if they have one) will be the child's legal parent(s) and she/they will be named on the birth certificate as the legal parent(s).

The responsibility you do have is to provide good, accurate non-identifying information about yourself, which will be made available for the recipient to pass onto their child when they feel that the child is ready.

Where is the information about me held?

We send the information you provide on your Donor Information Form to the Human Fertilisation and Embryology Authority (HFEA) for them to record on the Register of Donors. The only people entitled to access identifiable information about you are any people created from your donated eggs.

The HFEA will try to contact you in the event of a donor-conceived person making an application for identifying information about you. This is to let you know that an application has been made, but they will not be able to tell you the name of the person or give you any identifying information about them.

You can provide updated information to Complete Fertility Centre or direct to the HFEA at any time after your donation cycle. This could include new medical information or your change of address for example.

Can I get any information about a child created from my eggs?

Legally, you can make an application to Complete Fertility Centre or to the HFEA to find out the number, gender and year of birth of any child created from your eggs. In practice, if you wish, we can let you know if the recipient has a confirmed pregnancy.

Will I be paid for donating my eggs?

No. The law prohibits payment for donating eggs. However you are entitled to compensation to cover your expenses. This is usually paid to you as one lump sum payment of £750 after your final screening appointment which takes place 3 months after your eggs have been collected. In the event of a fresh donation (eggs are not frozen), reimbursement will be arranged following egg collection. If you were to enter into the screening process and we discovered you were not eligible to donate due to medical reasons, we can offer you £35 compensation for each of the appointments you have attended so far, excluding the initial blood test.

Are there any risks to my health?**Short-term risks and side effects**

Whilst you are in the screening process the main risk is that you could find out something about your own fertility or health that you weren't otherwise aware of, for example that you are a carrier of a genetic disease. If this happens we will of course refer you to an appropriate medical specialist.

FSH injections can result in temporary weight gain due to salt and water retention. You may experience headaches, bloating, a sensation of extreme fullness or discomfort very similar to pre-menstrual tension. These effects should only last for the duration of your treatment and should return to normal following your period. You may also experience soreness and bruising at the site of the injections, which should subside when you stop the injections.

Occasionally, some women are very sensitive to the hormone injections and produce a large number of follicles. These women are at greater risk of complications, including Ovarian Hyperstimulation Syndrome (OHSS). OHSS is the most serious side effect of treatment and occurs in about 1 in 100 women. The symptoms of OHSS include abdominal pain, abdominal swelling, shortness of breath, nausea and possibly vomiting, and a reduction in urine output. In the presence of severe symptoms, hospitalisation may be necessary. Due to the seriousness of the problem, prevention is better than cure. Your progress will be monitored closely and treatment will be stopped if any adverse symptoms occur. If we think that you are at high risk of developing OHSS we will pick this up in your initial blood test and you will not be eligible to donate.

There is a very small risk (about 1 in 2000) of bleeding or infection as a result of the egg collection. However, a small amount of vaginal bleeding is quite normal and will settle down after a day or two.

There is a higher risk of pregnancy if you have unprotected sexual intercourse after egg collection and before your next period arrives. This is because, although we

endeavour to collect all your eggs, occasionally one or two may remain which could increase your chance of getting pregnant.

Long term risks

There are no reported long-term risks to your health following egg donation. Also, there should be no effect on your future fertility as a result of donating eggs. Most women have thousands of eggs and the small number that is collected will make no difference to your ability to get pregnant in the future.

Where can I find out more information?

Human Fertilisation & Embryology Authority (HFEA)

Useful information for donors and access to Lifecycle: a campaign that aims to find new ways of improving sperm and egg donation in the UK.

Tel: 0207 291 8200

Website: <https://www.hfea.gov.uk/>

Donor Conception Network

A national support group for people who have conceived through donation and for those considering being donors.

Tel: 020 7278 2608

Website: <http://www.dcnetwork.org/>

British Infertility Counselling Association (BICA)

The professional association for infertility counsellors and counselling in the UK. The website includes a list of counsellors providing specialist infertility counselling and counselling services for donors.

Website: <http://www.bica.net/>

Fertility Network UK

The largest network in the UK offering information and advice on infertility by phone and face to face. It has groups throughout the country and also produces a range of publications on infertility.

Tel: 01424 732361

Website: <https://fertilitynetworkuk.org/>

Fertility Friends

An active self-help community for people experiencing the pain of infertility. This is a useful site featuring message boards and live chat rooms.

Website: www.fertilityfriends.co.uk