



Thank you for your request for information on egg donation. The path that you are considering is a remarkable gift that can bring hope for a family to people who are having difficulty achieving parenthood. We greatly appreciate your interest and want to help you through the application process.

Some of the reasons that a person may choose to ask for eggs from a donor to help them have a child are listed below.

- Insufficient egg supply
 - Reasons include age, chemotherapy or radiation, surgery, or medical illness
- Desire to prevent transmission of a genetic condition
- Failure to conceive with in vitro fertilization with own eggs
- In combination with an in vitro fertilization cycle that is treating absence of eggs, sperm, or uterus

What is involved in egg donation?

- All donors start the process by going through a medical, psychological, genetic, and infectious disease screening process.
- If the screening reveals that you are eligible to be an egg donor, you will very likely be matched with a waiting intended parent.
- Once matched, the first step in the process of donating eggs is to synchronize your cycle with the recipient's cycle using birth control pills
- Once you are synchronized, you will stop the birth control pill and start taking fertility medications, which are given by injection.
- After you start taking fertility medications, you will be monitored with ultrasounds and blood tests every one to three days for approximately four visits to help us adjust your fertility medications and plan for your egg retrieval.
- Once the eggs are ready for retrieval, you will receive specific instructions to take a final injection that will mature your eggs so they can be retrieved. The timing of this injection is critical and it is important that you set an alarm or have some reliable way to remind you to do it as instructed. If for any reason you have a problem getting the final injection at the correct time, it is important that you contact our on call staff immediately. The timing of your final injection will determine the arrival time for your egg retrieval procedure.
- Egg retrievals typically take about 10-15 minutes. You will be sedated and closely monitored during and after the procedure. You will be at the fertility center for approximately 2 hours on the day of your retrieval. After being sedated, your reflexes and judgment will be impaired, so a responsible adult must come with you to this appointment to provide a safe ride home.



- Complications from an oocyte retrieval are very rare, however infection, bleeding, injury to internal structures, blood clots, ovarian hyperstimulation, and complications from anesthesia are possible. You should feel better every day after retrieval and would need to call and possibly come in for evaluation if you have any concerns or problems.
- After participating in the egg donor program, you will be financially compensated.
- We expect that your next menstrual period should come approximately two weeks after retrieval.
- You need to be very careful not to conceive during the month that you donate eggs because we may not retrieve every egg and you could get pregnant. If you conceive during a donation cycle, you will be at a high risk for conceiving more than one baby. Abstinence around the time of retrieval is the safest approach and most comfortable to your ovaries.

How many eggs are donated?

Donors frequently want to know “how many eggs will they lose” when they participate in an egg donor program.

The answer is, probably none.

To the best of our knowledge, a woman will go through menopause at the same age regardless of whether she donates eggs or not.

In the same way, we cannot delay menopause by preventing ovulation.

How does this happen?

Each month, many eggs begin the development process but a woman's brain only makes hormone long enough to recruit and mature one or two eggs. Eggs that begin the development process but don't mature die silently in the background. The process of egg donation allows some of the eggs that would naturally have died that month to be rescued. On average we can rescue somewhere between 6-14 eggs in a single donor cycle. This happens because we give you the same hormones that the brain uses to recruit eggs but for a longer period of time.

Mother Nature's system is that we receive all of our eggs before we are born. Of the one million eggs that a woman has at birth, approximately four hundred will mature and be released into the fallopian tubes (ovulation) during her reproductive lifespan (puberty to menopause). The rest of the eggs (~99.96%) die a natural death within the ovaries without being released. In essence, a steady stream of eggs is available to be recruited throughout a woman's reproductive lifespan. When that supply of eggs is gone, menopause begins.



As women age, the pool of remaining eggs naturally gets smaller but in addition the quality of the remaining eggs also steadily declines. The decline in egg quality is the biggest factor that contributes to the decreased chance of pregnancy and increased chance of miscarriage seen as women get older.

Going back to the original question, fertility medications are only able to rescue eggs that have already begun the development process and are destined to either mature or die that month. We do not know how to recruit the eggs destined to compete in future months. That is a medical mystery yet to be solved. Therefore, as a donor you will only be donating eggs that would have either naturally died or matured in your ovaries that month. Your supply of eggs for future months will still be there when you want to use them.

How are egg donor applicants screened?

1. Medical questions: You will receive medical questionnaire. Please complete the questionnaire to the best of your ability. The answers to these questions help us ensure that we meet the FDA mandated screening requirements and tailor further screening and treatment to you.
2. A physical exam and consultation with a reproductive endocrinologist: We provide a screening medical exam and relevant blood testing. We will provide you with all of your results at no charge.
3. A consultation with a psychologist: We want to make sure that you are completely comfortable with not only the medical, but also the psychological aspects of egg donation.

If you would like to apply to be an Atlantic Reproductive Medicine Specialist egg donor, please contact us at donor@atlanticreproductive.com.

We will need your name, date of birth, and address to provide you with a username and password. You will be able to complete your application online through our secure donor portal at:

<https://www.armspatientportal.com/donor>

We are dedicated to *building families together* and are looking forward to working with you!



The Atlantic Reproductive Donor Team