



**Yorkshire
Fertility**

Individualised care Closer To Home



Egg Donation

Egg Donation

Yorkshire Fertility offers an egg donation programme and has links with a number of centres both in the UK and abroad.

Egg Donation treatment in the UK is dependant on the availability of egg donors. At present there is more availability of donors overseas where treatment is on a fee paying basis.

Yorkshire Fertility is a satellite centre and so no matter which centre you choose to go to, we will provide you with all the care that you require locally.

You will only have to attend your chosen centre on three occasions;

1. The day of the donor egg collection, and for your partner to provide a semen sample .
2. Then a few days later for the implantation of your blastocyst/embryo.

Why are donor eggs needed?

There are many reasons why you may need to use donor eggs to get pregnant. Common reasons include:

- Medical conditions such as premature menopause or ovarian failure
- If there are abnormalities with the eggs – many women, typically those in their 40s, use donor eggs to get pregnant because the quality of their own isn't suitable anymore. We offer IVF with donor eggs for patients up to the age of 50. As you get older, the number and quality of your eggs decreases.
- Previous medical treatment such as chemotherapy which could have affected your fertility
- If there's a risk of passing on any hereditary illnesses or diseases.
- Some genetic conditions, like Turner syndrome, means you have no eggs at all.
- If you are a male same-sex couple, wanting to become parents.

How do I know if IVF with donor eggs is right for me?

In any of the above cases, and if our tests have shown you might not have the number or quality of eggs needed for treatment, you might

like to consider using donor eggs. It's not an easy choice to make, but we'll help you and your partner to decide what's right for you.

How long is the waiting list for donor eggs?

- We have a dedicated team at Yorkshire Fertility who work alongside our partnering centres. They will be able to guide you through the process of choosing a donor and enable treatment to begin as soon as you've found the right donor for you.

What drugs will I need to take and what happens?

- If you've having treatment with fresh donor eggs, your treatment cycle will be synchronised with the egg donation cycle of your donor, so you're ready to receive embryos at exactly the right time.
- This is achieved by a combination of the pill, oestrogen patches and progesterone pessaries. The donated eggs are fertilised with your partner's sperm (or with donor sperm) via IVF, and then treatment follows a typical embryo/blastocyst replacement cycle. The best resulting embryo/blastocyst is transferred into your uterus to grow as in a natural pregnancy.
- If you opt for frozen donor eggs, these are already in a donor egg bank. There is no need to synchronise your cycle, so it's a quicker treatment process.

What else will I need to do?

- As part of your treatment you will be required to undergo counselling to ensure that you understand the implications of using donor eggs to have a child. This includes how this can affect you and your partner, any existing family, how you may explain in future years about your child's conception and what happens if your child wishes to find out who their donor is, as allowed by law, when they turn 18. In addition, you and your partner will need to undertake pre-treatment screening.

What can I know about my egg donor?

- When using donor eggs in your treatment, you tell us what you're looking for in your ideal donor, and we will match you with any we have that fit the profile.
- We'll provide you with a 2 egg donor profiles to choose from, each with a detailed donor profile to help you choose. Our profiles ensure you can find an egg donor that has the characteristics you're looking for – whether that's a specific ethnicity, hobbies or interests, or physical attributes such as height, build, hair and eye colour.

All egg donors are also encouraged to write a personal 'pen portrait' for their profile, describing themselves, their personality and their interests. It also includes a note explaining their motivation to donate and a message

of goodwill to any child born, as well as their physical characteristics. The description might include:

- How they're described by friends
- How they'd describe their family
- An outline of their personality
- Details of their passions and aspirations

It won't include any specific information such as names of people, places or schools, addresses or dates of birth; it's just to help you to get a feel for who your potential donor is like.

We also ask our donors to write a goodwill message, which is a personal message for any children born from the donation. The donor might want to say why she wanted to give someone else the chance to become a parent, or include some words of wisdom or advice and hopes for the child for the future.

- This ensures we can give you a comprehensive, virtual 'picture' of your donor. So that you can choose the right egg donor with confidence.
- You'll be able to choose your egg donor with the reassurance that they've had the very best support and help from our team, including implications counselling, right from the moment they applied to donate.
- As a recipient you won't ever know who your egg donor is, unless it is

known donation where you have found your own egg donor. Your egg donor will be anonymous to you.

How many donor eggs will I get at Manchester Fertility?

- You are guaranteed a minimum of six eggs from your chosen donor.
- If there are multiple good quality embryos/blastocysts then these can be frozen and stored for use if you wish to extend your family in future years.

How many donor eggs will I get at IVI?

At IVI, they guarantee 2 blastocysts. Usually 1 to transfer and 1 to freeze. If there are any more suitable blastocysts, they will freeze these also.

**Ready for Treatment?
You've seen the doctor, looked at the website and decided you would like further information—what is the next step?**

At Yorkshire Fertility, we like you to have an appointment with a member of the donation team to discuss your options and discuss how you feel about receiving donated eggs.

It is important to realise that this treatment is not right for everyone. We want to make sure that you are making the right decision and will try and help you do so. Once you have made the decision to go ahead, an appointment is made with the counsellor for both partners to attend to discuss the legal implications.

If you are happy to proceed with receiving donated eggs, you are advised to contact YF to make an appointment with a member of the donation team to complete all the relevant paperwork, consent forms and blood tests. Once all results are available, all your information is emailed to the clinic of your choice.

The clinic will then make contact with you and send some egg donor profiles for you to peruse. Once you have chosen a donor and signed an acceptance form, a treatment plan will be made and sent to you.

Your treatment cycle

Your treatment will start by taking

the combined oral contraceptive pill(OCP).

You will be advised of the date to start the pill and a date to stop the pill to become synchronised with your egg donors cycle.

When you bleed following stopping the pill, you will need to attend YF for an ultrasound scan. If the scan is normal, you will then start using oestrogen patches to allow your endometrium(womb lining) to thicken.

A scan will be required approximately 7-10 days later to check the endometrium is thickening accordingly.

Once the donor is ready for her egg collection, you will be contacted with instructions for your partner to attend to provide a semen sample, a date to start using progesterone pessaries and a potential date for your transfer.

A date for your pregnancy test will be given to you approximately 2 weeks later. This is a blood test and is performed at Yorkshire Fertility. During this 2 week wait you will continue to use the patches and pessaries.

The HFEA

The Human Fertilisation & Embryology Authority exists to regulate any clinic, which carries out assisted conception procedures involving the removal of eggs and sperm from the body and the transfer of any resulting embryos. It is there to make sure that patients' best interests are looked after and that the clinic maintains a high standard of practice at all times. Every IVF clinic is registered with the HFEA.

The HFEA produce a range of leaflets about treatments involving eggs and sperm as well as a detailed patient guide, which contains important information about all clinics in the United Kingdom. If you wish to contact the HFEA, you can telephone them on **020 7377 5077**- or you can access their website:
www.hfea.gov.uk

Welfare of the child

We have a legal requirement to consider the welfare of any child born as a result of infertility treatment. In making this assessment we consider both of your medical histories, your age and an independent assessment from your G.P. Any concerns will be discussed with you before treatment is offered. We will ask you to sign a declaration regarding the future welfare of the child.

It is important to realise that the law allows the donor to withdraw or vary her consent to proceed at anytime

before the eggs or the embryo/blastocyst are replaced in uterus of the recipient
What about you?

Have you prepared yourself for fertility treatment?

Fertility treatment preparation means being physically ready too. Your chances of pregnancy could depend on it. Because things like your BMI and current lifestyle choices matter when it comes to your fertility and the quality of your eggs and sperm – and even whether you can actually start fertility treatment.

Fertility treatment & BMI

BMI is the biggest lifestyle factor that influences fertility treatment outcome. If your BMI is very high, you'll actually be prevented from starting fertility treatment with us until it's lower. We do treat women with a BMI between 19 up to 35. If your BMI is closer to 35, we'll always aim to help you get this to 30 or preferably below before your treatment starts.

If you're underweight with a low BMI, you'll also be advised to increase this to within a normal range. We do this not to make your journey harder, but to give you the best chance of pregnancy.

Your BMI and weight not only affects your own natural fertility but how you respond to ovarian stimulation needed for treatment such as IVF and your risk of side-effects.

Women with a higher or lower BMI have poorer treatment outcomes compared to women in the normal BMI range.

It matters for men too - a high BMI negatively affects sperm in a number of ways, making it more difficult to achieve a pregnancy even through fertility treatment.

Not sure what your BMI is?

If you don't already know your BMI, then you can use a simple NHS online calculator at www.nhs.uk - search for BMI Healthy Weight Calculator. Just enter your height, weight and age to work out your BMI and learn more about how it's calculated.

Fertility treatment & lifestyle factors

Excessive drinking and smoking affects female and male fertility too, impacting egg quality, sperm quality and count – even the DNA of sperm.

The good news is that small changes can make a difference. If you can stop smoking for at least three months and cut back on alcohol, you'll be giving your fertility the chance to recover by the time your treatment starts. So you can begin your journey with the confidence that you've done everything you can to give yourself the best start to fertility treatment and pregnancy.

Specialist help: Fertility diet & nutrition support

If you need specialist help to reduce or raise your BMI, or just want to improve your diet, our fertility dietician can formulate a tailored fertility diet and nutrition plan for you both, to help you reach your health goals in preparation for fertility treatment.

Further information will be given to you at your appointments.

If you would like to speak to somebody about egg donation please call us on **01422 224478** and we will be happy to arrange this for you.

If you would like this information in another format or language contact the above.

Czech

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Hungarian

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Polish

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

Punjabi

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Urdu

اگر آپ کو یہ معلومات کسری اور فارمیٹ طریبان می درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے می ہم سے رابطہ کریں۔

If you have any comments about this leaflet or the service you have received you can contact:

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