

RPAH FERTILITY UNIT INFORMATION FOR KNOWN EGG DONORS

The following information is intended to answer some of the questions you may have about your intention to become a known egg donor at the Royal Prince Alfred Hospital (RPAH) Fertility Unit.

To become a Known Egg Donor:

- Your decision to become a donor must be altruistic. In Australia, egg donors are not paid for their donation.
- You must be known to a female recipient who wishes to use your donated eggs to become pregnant.
- The Fertility Unit has set a minimum age of 25 years for women donating their eggs. For those aged 21-25 who have completed their families, and request to donate their eggs, their request will be reviewed on an individual basis.
- We recommend that egg donors ideally are under 35 years of age and have already completed their family.
- You must have a BMI (body mass index) under 35.
- Attend a minimum of 2 medical appointments in the Fertility Clinic.
- Attend counselling for a minimum of 2 individual sessions plus a group session.
- Provide written informed consent.
- Have medical screening carried out pre and post the 3 month embryo quarantine period.

Steps you need to take:

RPAH Fertility Clinic Appointment

Donors and recipients require their own G.P referrals to a doctor at the Fertility Clinic. To arrange an appointment in the RPAH Fertility Clinic please call 02 9515 8824. It may take several weeks before an appointment is available. Your recipient should also be arranging an appointment in the Fertility Clinic, and it is generally convenient for you and your recipient to have separate appointments on the same day.

At this appointment you will meet with the treating doctor responsible for your care who will arrange medical investigations that are relevant to your physical health and fertility.

Limitations on treatment

There are limitations on the circumstances where the RPAH can provide egg donor treatment. This is because as a public hospital facility we will only proceed where there is a minimal risk of harm for all parties. In addition to above points on becoming an egg donor, other requirements include:

- The recipient (woman who wishes to achieve a pregnancy) must be under 50 years of age.
- The recipient must have a BMI (body mass index) under 35.
- If there are any significant medical risks for the recipient in pregnancy, an obstetrician must have agreed to provide ante-natal care.
- Daughter to mother donation is not facilitated.
- Age criteria and considerations, as noted above, are taken into account so that in the rare event of a complication occurring it does not jeopardise the donor's own chances of having a family; and secondly, to ensure that their potential desire to become a mother has already been met.

It is the responsibility of the treating doctor to determine, in consultation with you, if you are a suitable donor for the recipient's treatment.

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Screening

Your doctor will determine what medical tests and screening are required in order to determine the suitability of donation. These will include a karyotype and genetic carrier screening. In some cases, your doctor may not recommend treatment. Your doctor will carry out medical investigations to try to ensure you are healthy and do not appear to have an increased risk of passing on a serious medical condition. Whilst every effort is made to eliminate risk of transmission of genetic disease, this cannot be guaranteed. Genetic disease may only become known for the first time, after a child has been born from your donation.

Quarantine Period

At the RPAH Fertility Unit all embryos created from an egg donation cycle are quarantined for a **3 month period**. The donor is tested for infectious diseases before the cycle and then again at the end of the 3 months. This includes tests for HIV, hepatitis B & C, syphilis, human lymphotropic virus (HTLV 1 & 2), Cytomegalovirus (CMV IgM and IgG), and blood group. This is to eliminate any risk of infection.

Implications Counselling

Your doctor will refer you to the Fertility Unit counsellor after determining the suitability of this treatment. As a known egg donor, you, and your partner (if applicable), will need to meet with the counsellor. Implications counselling aims to ensure that you are clear about the implications of your decision to be a donor and to provide informed consent. This involves a minimum of 2 appointments for each party followed by an appointment for all parties together. Partners must attend all counselling sessions. Counselling focuses on many issues including the legal implications, the expectations of all parties, and the needs of a donor conceived child. Please call 02 9515 8119 to arrange an appointment with the counsellor after your clinic appointment. At the completion of counselling, you will sign consents for use of your donated eggs for treatment of your known recipient to achieve a pregnancy.

The completion of counselling does not guarantee that treatment will occur. It is your doctor's decision to treat in any specific situation. Supportive counselling services are available to all participants before, during and after treatment.

What is involved in the medical treatment?

In order to donate eggs, a donor must go through most of the components of an IVF cycle. An IVF cycle typically takes up to 3 weeks from the time of the first injections to egg collection. Although generally very safe, as with all medical procedures, IVF has risks of which you need to be aware. Your doctor will review IVF treatment with you and be able to answer any questions you may have.

Steps in an IVF cycle are:

- Stimulating the ovaries with injections of FSH
- Preventing premature ovulation by shutting down communication between the brain and the ovaries so that the eggs are not released before they can be collected
- 'Triggering' ovulation by replacing the LH surge at mid cycle with an injection of hCG
- Collecting the eggs and sperm

Eggs that are collected will be fertilised with the recipient's male partner's sperm to create embryos. The RPAH Fertility Unit have a 3 month quarantine period for embryos created from the donation process. After this quarantine period is completed, and no risks identified, the recipient

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can then proceed to have a nursing interview carried out with the plan to proceed with a single embryo transfer procedure.

Legal Considerations

The RPA Fertility Unit does not provide legal advice. It is recommended you seek your own independent legal advice in respect of being a known egg donor.

Under current New South Wales law, an egg donor who provides written consent is not a legal parent of a child born as a result of donor treatment.

The Assisted Reproductive Technology (ART) Act, 2007, provides legal rights to donor conceived adults to access information about the donor when they turn 18 years of age. The Act established a Central Register, which commenced in 2010. Following the birth of a child, born as a result of donor treatment, clinics are required to provide information about the recipient, the child and the donor to NSW Health for inclusion on the Central Register. If you would like more information on the ART Act and the Central Register, information is available on the NSW Health website www.health.nsw.gov.au/art

The Assisted Reproductive Technology Act, 2007, also

- Places time limits on the use of donor gametes (eggs) to no more than 15 years after the eggs was obtained.
- Places time limits on the use and storage of embryos created from donor gametes (eggs) to no more than 15 years.
- Requires the donor to declare the number of children they have had in all relationships as well as disclosing if they have been an egg donor for any other person.
- Prevents use of gametes (eggs) or embryos created from donated gametes after the death of the donor unless a specific consent is in place.
- Prevents export of gametes (eggs) or embryos created using donor gametes without the consent of the donor.
- Allows an egg donor to withdraw or modify their consent until the eggs have been collected, fertilised and embryos have been created.

In summary:

- Following GP referral, arrange clinic appointments by calling 02 9515 8824.
- Consultation with a fertility specialist in RPAH Fertility Clinic.
- Referral for screening tests.
- Referral to counsellor for implications counselling (minimum of 2 sessions for each party plus a joint counselling session). Please call 02 9515 8119 to arrange an appointment.
- Upon completion of counselling and screening tests, a Nursing Interview is carried out for the donor.
- Treatment begins.

If you have any further questions, you are welcome to ring the Fertility Unit nursing staff on 02-9515 8824 or to speak to the counsellor on 02 9515 8119.