

# Some useful information for you...



**BCRM**

Bristol Centre for  
Reproductive Medicine



**Donating your eggs is an incredible thing to do, so thank you! We thought these frequently asked questions would be helpful for you.**

## General

### **Q** Why are egg donors needed?

**A** We need egg donors to treat women with ovarian failure, women with declining egg quality, sometimes but not always because of age, women who have genetic problems running through their family and women who have had chemotherapy in the past.

For these women, using donated eggs is their only hope of having a baby. By donating your eggs, you are giving these women the most amazing gift they could receive.

### **Q** Who will receive my eggs?

**A** When you donate, your eggs will be frozen and kept in storage until they are used by a recipient family. Depending on the number of eggs you donate, they could be used by several recipient families. The maximum number of families that you can donate to in total is 10 families but you can decide how many families you are comfortable with.

### **Q** How often will I need to come to the clinic?

**A** After your initial blood test, we will need you to come back in to have one appointment for a number of bloods, a urine test and a smoking test. Approximately 6 weeks later, once all your blood test results are back, you come back for a final consultation and internal scan of your uterus and ovaries with one of our egg donation team doctors, where you will hopefully receive approval to get started with your treatment.

Once you have been approved by one of our doctors and you are ready to start your treatment. You will give us your period date and then we will invite you in to meet with one of our nurses to get you ready for your treatment. They will order the medication you need and explain when and how to take it. Once you start your medication you will need to come in 2-3 times for scans so that we make sure you stay safe during your treatment. This will be in the last 2 weeks of your treatment and then you will need to come in for a half day on the day of your egg collection.

We then need you to come back 3 months after you donate your eggs to recheck your infection bloods.

We will do our best to book appointments on days and at times that are convenient to you.

### **Q** Can I donate even if I'm using hormonal contraception?

**A** Please let us know what contraceptive you are using early in the process. For most contraceptives you will stay on them during the screening process and our nurses will tell you the point to stop them during your treatment.

If you use the coil as your contraception, then you can have all your treatment without removing the coil – including your egg collection.

### **Q** Can I donate if I vape occasionally?

**A** We cannot accept any donors who have smoked or vaped in the 3 months prior to their egg collection procedure. We conduct random spot checks at your appointments to ensure that our donor's stay smoke free throughout the process, due to the negative impact on the quality of your eggs that smoking has.



## General (continued)

### **Q** How long does the whole process take?

**A** This varies a lot on your availability for appointments, but typically the whole process takes about 3-4 months from start to finish. And then you need to come back 3 months later for some quick repeat blood tests.

Most appointments are flexible around your availability and some are via zoom, but in the last 2 weeks of your treatment you will need to come in for 2 or 3 scans and will be closely monitored to make sure you stay safe while you are taking medication.

### **Q** Can I donate if I don't have contact with one of my parents?

**A** We do need to know your full medical history and that means knowing the full medical history of both your parents and all of your grandparents. You don't need to have contact with them but you do need to have a way of accurately finding out their medical history.

## The Treatment

### **Q** How is the treatment administered?

**A** We will order the medication that you need before you start your treatment. This will be delivered to your home address and we will of course explain when and how to take this medication.

The medication is a mixture of tablets and some injections. You will first take tablets twice a day for a few weeks and then when the nurses feel you are ready, you will then start your injections to stimulate the eggs. You will be given a full explanation on how to do this and we are always available to answer any questions. The injections should last no more than 2 weeks.

### **Q** What medication will I need to take?

**A** You start by taking a tablet called norethisterone. When you stop taking this, it brings on a small bleed and gives us a really accurate starting point for the next part of your treatment – the injections.

The first set of injections which you take contain a follicle stimulating hormone (FSH) called Ovaleap. This is a hormone which stimulates the ovaries to get more follicles to develop into mature eggs than the usual one which you would normally produce per month, the hormone is one that your body naturally produces but just at a higher dose.

After 5 days of administering the FSH injection, you then start on an injection called Fyremadel as well. This medication stops your body ovulating and allows the eggs to continue to be produced and mature, you continue to use this until two days before your egg collection procedure.

Finally, once we see that you're ready for your egg collection, you are given a trigger injection to administer at a specific time, this is an injection of hormones that tells the ovaries to mature and release the eggs, ready for your egg collection procedure the next day.





## The Treatment (continued)

### **Q** What are the risks of the medication?

**A** There is a risk of Ovarian Hyperstimulation Syndrome (OHSS) during your treatment, but this risk is very low. We monitor you very closely for signs of this during your scan appointments.

### **Q** Are there any side effects to the medication?

**A** When on the FSH injections, it is not uncommon to experience some side effects such as bloating, nausea and abdominal discomfort. Many donors, however, experience no side effects from the medication at all.

## The Procedure

### **Q** What happens during the procedure?

**A** You are given an intravenous sedation by a consultant anaesthetist, who will remain with you for the whole procedure. Once this has been administered, you will receive a local anaesthetic into the vaginal wall by the doctor who is carrying out the egg collection.

Ultrasound is then used to guide the needle, which is attached to a gentle suction pump, into the ovary to collect the eggs. The fluid containing your eggs is then passed to the lab team.

### **Q** What are the risks of the procedure?

**A** Donating your eggs is generally very safe and the egg collection procedure is a low risk procedure. Most donors don't experience any health problems, although you may be a little uncomfortable from the treatment itself for 24/48 hours.

You will complete a day surgery booklet before you come in which includes your full medical history, to help us prepare for any possible complications in advance.

As we are required to use a needle for the procedure, there is a small risk of damage to neighbouring blood vessels or your bladder or bowel.

All surgical procedures come with a risk of infection or some bleeding, which may require antibiotics.

### **Q** How long will I be in for?

**A** We require you to come in at a set time on the morning of your procedure, which is usually a Monday, Wednesday or Friday. Once you have had your procedure, our nurses will look after you for approximately 2 hours in the clinic before you are allowed to go home. You are required to go home by car and not public transport, as you will have received a light sedation, and we require a responsible adult to collect you and stay with you for 24 hours afterwards



## After the Treatment

### **Q** Once I've donated my eggs, is there anything else I need to do?

**A** After donating, you will need to return after 3 months for some repeat blood tests. This is **VERY IMPORTANT** as otherwise the recipient families will be unable to use the eggs we have collected or any embryos they have created.

Please keep us updated of any change in address or phone number so we can contact you.

If you contact us, we can let you know if a positive or negative pregnancy test has resulted from your donation and a year later, we can tell you the sex of any child born and the year of birth.

### **Q** I've heard that I could be contacted by the child, is that true?

**A** In the UK, all children born by donated eggs can find out non identifying information about their donor at the age of 16. At the age of 18 they can find out identifying information and they could contact you. You will have no legal or financial responsibilities to children born from your donation.

### **Q** How many times can I donate?

**A** You can donate with us a maximum of 3 times.

We will ask you how many families you are willing to create in your first donation and the maximum is 10 families. You can change the number of families you want to donate to at any time.

### **Q** Do I get any compensation for donating my eggs?

**A** You will receive £600 after egg collection to compensate you for your time, expenses and generosity and a further £385 when you return for your repeat blood tests 3 months after donation.

If you need expenses before then please send in receipts and we will gladly refund you and deduct this from your final compensation payment.

