



EGG DONOR

# Information Guide

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FORM: Donor Guide








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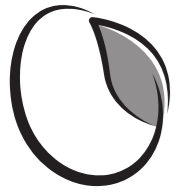


Thank you for considering becoming an egg donor!  
The purpose of this document is to help you make an informed decision about donating your eggs.

You will be helping hopeful parents build the lives they have dreamed of. This is more than just a service; it's a life-changing journey.

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# Who We Are

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EST. 2007

Egg Helpers is Canada's leading egg donation agency. We work with people around the world to help them fulfill their dream of building a family.

We expertly guide egg donors and future parents through the egg donation process. It's an extraordinary gift to help a family in need, and our team is dedicated to supporting you in every way we can.

## DID YOU KNOW

Egg donation gives hopeful parents the highest chance of conceiving over all other fertility treatments.





# Who is an Ideal Candidate?

- between the ages of 19 and 32 years.
- physically healthy, and no drug or tobacco use.
- willing to travel—in some cases up to 16 days—as our main clinics are located in Toronto and Vancouver.
- no family history of bipolar, schizophrenia, or other inheritable genetic diseases.
- under 100mg daily of anti-anxiety or depression medication.
- willing to undergo a medical and psychological evaluation.
- willing to give yourself injections.
- dependable and committed to the donation process.



# Who Needs an Egg Donor?

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For many individuals, egg donation is a way to build a family when other avenues have failed. Some reasons why people may seek egg donors include:

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- ⦿ Same-sex couples.

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- ⦿ Experiencing age-related fertility decline.

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- ⦿ Cancer or chemotherapy caused infertility.

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- ⦿ Early onset menopause.

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- ⦿ Born without ovaries or reproductive organs.

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- ⦿ Carriers of genetic disease.

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## 7 STEPS TO BECOMING AN EGG DONOR

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01

### Book an Intake Call

#### BOOK A CALL HERE

To discuss the process and answer any questions or concerns you might have, please book a call with our donor intake team.

02

### Complete Donor Profile

#### BEGIN DONOR PROFILE HERE

Fill out the donor application on our website to receive your login by email. Please note, there are five different pages including:

- ▶ Profile Information
- ▶ Personal Information
- ▶ Medical Information
- ▶ Education/Employment
- ▶ Traits and Characteristics

When filling out the online profile, please upload 8–10 high quality pictures: (head shot, full body shot, baby picture, family picture, etc.)

The profile should not have any blank spots so please fill it out to the best of your knowledge. If you are unsure of something, use your best guess from memory. If the information is not available or unknown, please put unknown in that field.

03

### Blood Work

Your blood work can be done at any point during your menstrual cycle and determines your AMH levels. This corresponds to your egg count and fertility levels, and it needs to be over a certain level to qualify to be an egg donor.

If you are not located near one of our clinics, a requisition will be sent to you to complete your blood work at your local LifeLabs or DynaCare.

04

### Approval

Once all screening is approved, you will be entered into the database for intended parents to view. It can take anywhere from two days to six months to find the perfect set of intended parents for you!





## 7 STEPS TO BECOMING AN EGG DONOR

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# 05

## New Patient Appointment

Once you are matched with intended parents, you will be booked in for a new patient appointment at the clinic selected by the intended parents. At your appointment, you will have a one-hour counselling session to discuss any questions or concerns regarding the clinic, your donation and whatever else you consider important.

You will also receive blood work for genetic diseases and a vaginal ultrasound. A cycle protocol is set up by the ovum donation nurse. It may be necessary for you to start oral contraceptives to help regulate your cycle.

# 06

## Cycle Monitoring

Once you begin your period, you will be scheduled to return to the clinic routinely for cycle monitoring. This is approximately 7–10 appointments over two weeks from 7am–10am. During the last week of your monitoring, you will be required to attend every other morning.

The ovum nurse will tell you what days you will be attending the clinic. It may be weekdays or weekends depending on your cycle. You will be prescribed medications for ovarian stimulation. These will be explained in more detail at the clinic and you can refer to the medications list in this document for more information.

# 07

## Egg Retrieval

When your cycle protocol is coming to an end, you will complete the egg retrieval procedure. It is usually performed in the morning hours at the clinic in their operating or procedure room. You will be put in a 'twilight sedation' during the procedure through an IV placed in your arm. A vaginal ultrasound probe with a needle guide is inserted into the vagina. The tip of the needle enters the ovaries and aspirates each follicle for an egg.

The procedure takes approximately 30 minutes and you will be observed for one to two hours following the retrieval. You may experience some cramping in the lower abdomen, light vaginal bleeding, and some bloating. These symptoms typically go away within a day or two.

# Important Factors

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### COMPANION

You must have someone accompany you home on the day of egg retrieval. The retrieval process takes a lot out of you physically and we would recommend you having someone to be there for you. The physician may ask you to return the following morning to ensure that you are feeling well after the retrieval.

### LOST WAGES

We are able to have the clinic that you are attending write a doctor's note for your participation in this program. This does help with some employers and if you will require one, please inform us or the clinic when you attend.

### LEGAL CONTRACTS

It's important you know your rights and responsibilities as an egg donor by reviewing and signing your legal contract. All legal fees are covered by the recipient (future parent).





# Expenses


**\$6,000 REIMBURSEMENT**


We know this is a big decision and we will support you through every step of the journey. Our egg donors are reimbursed up to \$6,000 to offset any expenses that may result from your decision to donate. We can reimburse you along the way or at the completion of your donation, to ensure you are never paying out-of-pocket for any expenses.


Please refer to this list for examples of claimable expenses.


-  Hot water bottle or heating pad


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-  Electrolyte powder, Gatorade, V8 juice


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-  Fibre supplements or laxatives


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-  Extra strength Tylenol


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-  Ginger Gravol


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-  Pads


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-  High protein, high sodium food and snacks


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-  \$50/month of your cell phone bill  
*requires portion of bill that outlines services and cost for that month*


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-  Lost wages  
*requires pay stub or letter of employment*


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-  Taxi/Über/mileage


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-  Back massage


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-  Acupuncture

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-  COVID-19 personal protection supplies

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-  Pet sitting

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-  Childcare

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-  Meals on appointment days  
*\$25/day or \$50/overnight*

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-  Injection assistance

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# Medications

MEDICATION	WHAT IT IS	INSTRUCTIONS	SIDE EFFECTS
<b>Gonal-F</b>	Increases the number of follicles in your ovaries (increases the quantity).	Inject into your belly. Remember to alternate injection sites daily.	Headaches, bloating, increased levels of emotion, upset stomach, fatigue.
<b>Rekovelte</b>	Increases the number of follicles in your ovaries (increases the quantity).	Inject into your belly. Remember to alternate injection sites daily. *Take dose at the same time everyday.	Headaches, bloating, increased levels of emotion, upset stomach, fatigue.
<b>Menopur</b>	Helps mature your oocytes/follicles (increases the quality), as well as increase the quantity.	Inject into your belly. Remember to alternate injection sites daily.	Headache, drowsiness, stomach or abdominal pain, bloating, injection site reactions (pain, swelling, irritation, redness).
<b>Cetrotide/ Orgalutro</b>	Prevents your body from ovulating your follicles too early.	Inject into your belly. Remember to alternate injection sites daily.	Headache, injection site bruising, itching, swelling, or redness, nausea.
<b>Lupron</b>	Stimulates your follicles to release oocytes (eggs). Given 35 hours before your scheduled retrieval.	Inject into your belly at the exact time that is directed by your nurse.	Hot flashes/sweats, headache/migraine, decreased libido (interest in sex), depression/emotional lability (changes in mood).
<b>Pergoveris</b>	Used to stimulate the development of follicles, the structures inside the ovaries that contain an egg.	Available as a solution for injection in a pre-filled pen and is a subcutaneous injection.	Headache, ovarian cysts, injection site reactions.
<b>Decapeptyl</b>	Has almost the same effect as the body's own hormone GnRH (or gonadorelin): it stimulates the pituitary gland (a gland at the base of the brain) to produce luteinizing hormone (LH) and follicle stimulating hormone (FSH). Can also be used as a trigger shot by preventing an early surge in luteinizing hormone (LH).	Subcutaneous in the lower abdomen.	Hot flushes, mood swings, forgetfulness, insomnia, headaches, decreased libido.



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