

## Thinking about using an Egg Donor?

One in six Australian couples of reproductive age experience difficulties conceiving; they are trying alternative methods, including egg donation. Currently 8,000 Victorian children have been created using donor eggs. Egg donation offers women unsuccessful in using their own eggs, the opportunity of pregnancy, and the dream of creating their family.

### Who is egg donation for?

Embarking on an egg donor program is a very special journey, and it may not be for everyone. It is an important decision to make, but the focus should be the end result; a happy, healthy baby that you may not otherwise have been able to have.

Egg donation really is for any intending mum (intending parents) that hasn't been able to get pregnant using her own eggs. Reasons for seeking egg donation may include:

- Poor quality eggs and/or low AMH
- You are an older intending mum
- Previous unsuccessfully attempts at IVF treatments utilising your own eggs
- Experiencing premature menopause
- Carrying the risk of passing on a genetic disease and don't want to pass this on
- Ovarian dysfunction due to cancer, chemotherapy or serious illness
- Absence of ovaries
- Same sex (male) parents

### It's ok to grieve.

Take a deep breath and know that its ok to feel sad, angry, scared, overwhelmed as you feel that you have lost your genetic link to your future child. But remember, family requires love, not DNA.

## The top 5 things you want to know before you dive into egg donations

### 1. How do I find an egg donor?

It can be very difficult in Australia to find a donor. Most of the major IVF clinics will provide egg donation services, however they suffer long waiting lists and very few available donors.

It is generally a requirement that you find your own egg donor, ideally aged between 20- 33yrs old. Specific websites and FaceBook groups offer advertising space for a donor, but it can take months if not years to find a local one. In Victoria it is illegal to advertise for an Egg Donor without written permission from the Minister for health. Under the Human Tissue Act 1982 (Vic), no person is permitted to publish an advertisement relating to the selling, buying or donation of tissue unless the advertisement is approved by the Victorian Minister for Health and contains a statement to that effect.

1. **We have done all the hard work for you. All you need to do is chose!**
2. **We have both Caucasian donors from Ukraine and Asian donors to chose from aged between 20-30 years.** Intended Parent (IP) will request donor preferences such as Height and skin tone; new or experienced donor; If IP wants Chromosome check; Month of treatment required
3. 3 to 5 profiles with 3 lovely photos and history of donor and medical screening will be sent that match the needs of the Intended parents (IP). IP then chooses 2 preferences
4. Donor will be confirmed and reserved for the month requested

### 2. In a nutshell- the differences between Local (Australia) versus Overseas (We use Malaysia)

This is a really interesting topic. There are pros and cons on each side of the argument and it is really important for couples to make an informed decision around some of the legal, financial and emotional costs involved, plus difficulties and time-frame issues.

LOCAL (Australia)	OVERSEAS
<ul style="list-style-type: none"><li>• Altruistic</li><li>• Australian egg donors must be altruistic, meaning they are not paid unlike other countries. ALL medical and "reasonable" out-of-pocket expenses (travel, time off work) are paid by the IP.</li></ul>	<p>Paid</p> <p>Overseas donors are paid for their gift, PLUS ALL medical and "reasonable" out-of-pocket expenses (travel, time off work) are paid by the IP.</p>

Finding your perfect donor in Australia may be simpler and quicker if you have a family member, friend or colleague that you know is prepared to donate. Conversely, if you need to advertise, it may take many years.	You may find your perfect egg donor in a manner of weeks, not years. You can be ready for your first transfer as little as 6 weeks, but ideally 12 weeks
It is illegal to advertise for a donor egg, or to be a donor, in Victoria without the express approval of your advertisement by the health minister. It can take 6-8 weeks to receive approval number.	Many lovely donors to match you with, which is coordinated by our international team.
<b>Known Donor</b> It is not possible to use anonymous donors in Australia anymore, and it is important to consider the implications of knowing the donor for you and your child	<b>Anonymous Donor</b> With anonymous donors, no further information or contact is possible between the donor and child, and it is important to consider the future implications for your child
In Vic & NSW, details of all Egg Donors are registered and conceived births must be declared on birth registration. Therefore, donors must consent to their identifying information being held by Victorian and New South Wales Central Register	Donor conceived births remain anonymous and do not need to be declared on the birth registry.
Once Donor-conceived children turn 18 years old, they have the right to learn about their egg donor via the registry. Donors are entitled to information about any offspring born from their donation- number, age, gender	It is up to the parents to decide how/if they will tell their donor-conceived child. No further information is available about the Egg Donor than the original information at the time of donation
<b>Cost</b> Generally more cost effective. Include medical costs and associated "reasonable, out-of-pocket" expenses of donor, and IP's own medical costs, DEIVF. Medicare rebate applicable	<b>Cost</b> Include medical costs and associated "reasonable, out-of-pocket" expenses of donor, and IP's own medical costs, DEIVF, travel, accommodation etc.. Medicare rebate not applicable
<ul style="list-style-type: none"> <li>Once egg retrieval is complete, and fertilised using the recipient's husband/partner/donor sperm, the embryos now legally belong to the IP's. There are no further legal obligations or commitments for the Egg Donor</li> </ul>	Once egg retrieval is complete, and fertilised using the recipient's husband/partner/donor sperm, the embryos now legally belong to the IP's. There are no further legal obligations or commitments for the Egg Donor
All donors are medically screened	All donors are medically screened. Our team uses the most stringent screening procedures
<ul style="list-style-type: none"> <li>The embryo is implanted into the recipient via normal IVF (DEIVF) procedures to carry the baby</li> </ul>	The embryo is implanted into the recipient or surrogate via normal IVF (DEIVF) procedures to carry the baby
Counseling sessions are obligatory for egg donors and IP's.	Counseling session are not required
Police Check is obligatory	Police Check not required
Working With Children check is obligatory	Working With Children not required

### 3. What is the success rate using donor egg?

Egg donation has a success rate (defined as a live birth) quoted between 50-75%. The success rate is directly correlated with the age and health of the donor, the quality of sperm used and the subsequent quality of the embryos. The donor and recipients cycles will be synchronized, and the donor will undergo a normal IVF treatment to harvest and collect her eggs. The best quality eggs will then be fertilized with the recipient's partner's sperm, to create embryos. As per any IVF cycle, the best quality embryos are then transferred, with any additional embryos being frozen.

### 4. Do we need to do anything to prepare?

Yes! You need your body to be baby ready.

*Just because you are using healthy, young, vital donor eggs, does not guarantee a successful outcome. On average, it may still take a minimum of 3 cycles before a successful outcome is achieved. Many couples, if they are not prepared physically and emotionally, can still go through several IVF cycles using donor eggs without achieving a pregnancy. These couples wind up physically, emotionally and financially depressed; physically from the drugs, the ovarian stimulation, the anesthetics; emotionally from the constant failure each cycle of IVF and or embryo transfer; and financially. We don't want this to be you. We want to optimize your every chance.*

We have done it for you! Our 12 week program is based on preconception health care principles. We use a combination of acupuncture, nutritional medicine and supplements and focuses on regulating blood flow to optimise endometrial lining, balancing hormones & regulating your cycle, creating a healthy vaginal microbiome, miscarriage prevention and stress reduction. We want you to be baby ready and in optimal health, body, mind and soul, as your DNA influences your baby.

### 5. Is it my child?

Yes, biologically, epigenetically & energetically, you are the Mama

It's fascinating to consider that three different humans can come together to create one gorgeous, unique little human. When you receive a donor egg, you are getting one cell. That's it, one cell. It may be the most precious gift you will receive, but it is still only one cell. One cell doesn't make a baby. One cell doesn't even make an embryo. It is up to the Mama and the Dad to develop that cell. That one cell requires beautiful good quality sperm to fertilise it, to divide and develop into 2 cells, 4 cells, 8 cells, a blastocyst. And then it needs Mama to grow, nurture and nourish it, to give it its vibe, its energy, its very essence.

Women who carry a child using a donor egg impart an important genetic gift to their children. Molecules known as MicroRNAs that are secreted in the mother's womb can change the genetic information of the child. The microRNAs floating in a mother's endometrial fluid change the embryo. Practically speaking, this means the carrying mother's DNA influences the way the baby develops. Her genetic material essentially helps to "decide" which of her baby's genes get turned on and off. Even more, it means the baby will acquire some DNA from the mother, even if the egg comes from another woman.

**To apply for our program and start your unique family, for more information or to book a complimentary ½ hour Skype session with Dr Miranda Myles, email us at [hello@mirandamyles.com.au](mailto:hello@mirandamyles.com.au)**

**Join our private FB group @thedonorproject. This is a nurturing space for you to ask questions, share your fears, and explore the world of donor conception without judgment.**

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