

Thank you for your interest in becoming an Oocyte (egg) Donor with Carolina Conceptions!

The goal of our program is to provide eggs anonymously to women with impending or complete ovarian failure. Ovarian failure is one of the leading causes of infertility and may occur for many reasons. Delayed child-bearing, autoimmune diseases, radiation or chemotherapy for cancer, and surgical removal of the ovaries are a few of the causes of ovarian failure. Couples with little or no chance of achieving a pregnancy on their own, increase the chance of conception to nearly seventy percent (70%) with the use of donated eggs.

Donating eggs is NOT an easy process and it requires a commitment of time and energy. Couples with whom you may be matched will be investing approximately \$20,000 for each cycle, and have likely been through many previous disappointments before arriving at the decision to use donated oocytes. Before you make the decision to become a donor, be sure that you understand all aspects involved in the process. It is imperative that once you begin this process, you are completely committed until its completion.

We will utilize the information that you provide in the following application to determine if you are an appropriate candidate for further screening. After your application has been received and reviewed by our Medical staff you will be contacted on how to proceed. You may be informed that something in the screening process has precluded you from becoming an oocyte donor with Carolina Conceptions, or you may be asked to arrange a time to have a simple blood test done called an AMH (Anti-Müllerian hormone) test. The value of this hormone level is a marker used to estimate your ovarian reserve.

Our donor coordinator will contact you with the results of this test. If the level falls outside of the accepted parameters she will notify you of the result and the information that no further screenings will be necessary. This does not mean that there is anything wrong with you or your fertility. It simply means by our screening criteria you are not an ideal candidate to donate oocytes. If the level falls within the accepted parameters, she will confirm that you are ready to have your profile added to those available for donation.

If/when you are tentatively matched to a recipient; we will contact you to verify your continued interest and availability in beginning a donor cycle. We will ask you to schedule a time to meet with Betty-Shannon Prevatte, a licensed Clinical Psychologist, who will discuss all aspects of egg donation with you and address any concerns or questions you may have regarding your decision to be an egg donor. She will also have you complete a written psychological exam.

A DONOR CYCLE includes a head to toe physical exam performed in our office, the signing of consent forms, instruction on the scheduled use and the administration of several medications, multiple visits for trans-vaginal ultrasound monitoring and blood tests, culminating in an outpatient procedure for egg retrieval. Additional blood testing for ABO blood type, HIV 1 and 2, hepatitis B core antibody and surface antigen, hepatitis C, RPR (syphilis), Chlamydia AND Gonorrhea will also be required. This is a guideline mandated by the FDA and must be completed with negative results received, within a specific time frame prior to the actual donation. In some cases, additional screening for Cystic Fibrosis and sickle cell genes may be performed if indicated.

During a donation cycle you will be required to give yourself several injectable medications. All of the medications are crucial to the success of the cycle and it is critical that they be administered as directed.

DONOR CYCLE MEDICATIONS

- Oral Contraceptives:

Once matched, if you are not currently using a hormonal form of birth control, you will be instructed to do so at this time. Please contact the donor coordinator MICHELE MEDLIN with the start of your period. You will remain on the active oral contraceptives for approximately 14-21 days. The start and stop dates will be outlined and specified for you.

- Stimulation medications (Gonadotropins)

Follistim and Menopur will be used to stimulate your ovaries to produce multiple mature eggs in a cycle. They are simply a lab created version of a hormone that occurs naturally in your body. These need to be given every evening at the same time for 7-14 days (the average time is 10 days). They are administered subcutaneously (an injection into the tissue just under the skin)

- Ganirelix (Antagon)

Once your follicles (cysts containing eggs) on your ovaries have reached a specific size you will be asked to administer an additional medication called Ganirelix. Ganirelix is an injection that is also administered subcutaneously. It is given in conjunction with your gonadotropin in an attempt to prevent premature ovulation. Once you begin taking this medication you will take it every day until instructed otherwise. You will typically take this medication between 1-4 days.

- Ovidrel (human chorionic gonadotropin)

We will instruct you to take Ovidrel when your ovaries have matured several follicles. This medication is also given subcutaneously. Ovidrel will cause the eggs to complete the maturation process and release from the sides of the follicle wall. It is very important that you take this injection at the EXACT time instructed as we will plan the procedure to retrieve as many eggs as possible for 36 hours later. Ovidrel is the last injection.

Again, all of these medications will be provided to you and you will be instructed on how and when to administer and how to store them appropriately. Your dose will be very specific to you and will be provided to you at the time of your education session with the nurse.

Prior to starting the stimulation medications you will come to Carolina Conceptions for a *BASELINE ULTRASOUND*. This ultrasound is performed with a vaginal probe and allows us to visualize your ovaries and uterus. During the course of the stimulation cycle you will return to the office several times for a *MONITORING*. A monitoring visit consists of a trans-vaginal ultrasound and blood estrogen level. This enables us to determine how you are responding to the medication and whether or not we need to adjust your dosage. We will discuss your progress with you and make arrangements for your next visit. Monitoring visits are scheduled beginning at 7:30 through 11:30, Monday through Friday, and as needed on Saturdays and Sundays. You should expect to see us

every 2-3 days for 3 or 4 visits. Monitoring visits generally take less than 30 minutes and while we make every attempt to make this process as convenient for our donors as possible, patient load can vary and sometimes waiting cannot be avoided.

Egg retrieval

On the morning of your planned egg retrieval you will be instructed to arrive 30 minutes prior to your retrieval time. You will need to bring a current photo ID and plan to wear comfortable loose fitting clothing with flat shoes, no jewelry or heavily scented lotions / perfume. You will not be able to drive yourself home on this day. Please make arrangements for transportation to and from the clinic. You should also plan on having someone with you throughout the day to be your responsible care provider. When you arrive at the clinic, you will be asked to change into a gown for the procedure then taken to the recovery / holding area. You will place your clothing items in a locker; however we ask that you not bring any valuables with you. The nurse anesthetist will then review your medical history with you and place your IV. When it is time for the retrieval, you will be transferred to the procedure area. Dr. Meyer, Dr. Couchman or Dr. Park will perform your egg retrieval while the nurse anesthetist administers your IV anesthesia and monitors you during and after the retrieval. The typical retrieval lasts 10-20 minutes depending upon the number of follicles to be retrieved. It is normal to experience blood tinged vaginal discharge after this procedure. You will not experience any pain during the procedure, but it is not uncommon to have some mild to moderate discomfort for 24 hours following the procedure. You will be provided with pain medications for this discomfort.

We will not be able to remove all of the eggs during this procedure which means you could easily become pregnant from this cycle. We strongly suggest that if you are sexually active you use barrier contraception (diaphragm, condoms) during this time. It would be preferable to abstain from intercourse until after you have a period. You should expect that after your donation, your period will start in 10-14 days. At this time you may return to your normal form of contraception – if using oral contraceptives please be aware that you will need to complete one full pack of pills before they are effective.

There are several complications that may occur while participating in a cycle of egg donation. The primary one to be aware of is Ovarian Hyperstimulation Syndrome (OHSS). The risk of Ovarian Hyperstimulation exists anytime these medications are used. Most women will feel bloated, have some abdominal tenderness and may notice transient weight gain while using these medications. These are expected side effects of the stimulation process and typically do not require any intervention. On rare occasions (approximately 1%) of the time more severe symptoms occur that may require IV fluids, pain medication, hospitalization and monitoring to prevent severe medical complications. If you have regular periods you have less risk for developing severe ovarian hyperstimulation syndrome.

The second potential complication, early studies indicated the possible increased risk of developing ovarian cancer later in life as a result of use of infertility medications. More recent studies do not show an increase in risk of ovarian cancer is not with the use of gonadotropins. The use of birth control pills and pregnancy can both decrease your risk of ovarian cancer.

You may donate more than one time. And while there is no evidence to suggest any detrimental effects of multiple donations, current guidelines support no more than 6 donations during your lifetime. If you do decide to complete additional cycles you will be required to meet acceptance guidelines for our program and we will ask you to re-sign consent forms, and have labwork done prior to each subsequent donation.

Donors are given \$3000.00 in compensation for their time and efforts at the completion of a donation cycle. This money is subject to taxation, it is the donor's responsibility to report the earnings.

We hope this brochure has answered any questions you may have regarding becoming an egg donor. Please feel free to call our office at (919)-782-5911 ext. 108, or email our donor coordinator at Michele.medlin@carolinaconceptions.com if you have additional questions.

If after reading this information you are still interested in becoming an egg donor, please complete our on line donor application and prescreening to see if you are eligible. If so, you will be contacted and ask to continue the application process with more in depth questions.

Thanks so much for your generosity and consideration!