



EVERYTHING YOU NEED TO KNOW ABOUT BEING AN EGG DONOR

THE EGG DONATION PROGRAM AT SHADY GROVE FERTILITY



SHADY GROVE
FERTILITY



Egg donation is a process in which a woman donates her eggs to another couple so they can have a baby. However, egg donation is much more than a process. It is a decision that changes the life of the couple who receives the donated eggs.



The Shady Grove Fertility Egg Donation Program is an anonymous program and one of the largest egg donation programs in the country. In fact, over the past 3 years we have received over 45,000 applications from women who are interested in helping another couple and over 5,000 babies have been born thanks to SGF egg donors since the adoption of the program in 1994. We work with women who live within 1 hour of our 19 offices located throughout Maryland, Pennsylvania, Virginia, and Washington, D.C. We are also one of the largest fertility centers in the U.S. and therefore, the women who are qualified to donate are quickly selected.

This guide was specially designed to help you understand why there is a need for egg donors, the egg donation process, what to expect, and evaluate if becoming an egg donor is right for you.

You will learn:

- Common Myths Debunked
- Who Do Egg Donors Help?
- Why Women Decide to Donate?
- Who Are Our Egg Donors?
- The Egg Donation Process
- Egg Donation Compensation

"For me, egg donation is a privilege and I consider myself lucky to be able to give in such a profound way."

- Abby, SGF Egg Donor





Why Do Couples Need Egg Donors?

First, we must fully understand the basics of female reproduction.

A woman's fertility is largely based on her ovarian reserve – the quantity and quality of her eggs. Typically, as a woman ages, her ovarian reserve and fertility begins to naturally decrease. Some women even experience this decrease earlier in life.

The egg is the largest cell in your body and you are born with all of the eggs you will ever have in your lifetime. At birth, you will have about one to two million immature eggs in your ovaries, and by the time you reach puberty, can expect only about 400,000 to remain. While 400,000 seems like a lot, with each menstrual cycle only one egg is prepped for fertilization and about 1,000 die off. Throughout your lifetime, you will eventually lose all of your potentially fertile eggs, initiating the start of menopause.





Now that we can see why a couple may need an egg donor, you can better understand the need that egg donors help fill and the deep appreciation felt by egg donor recipients.

Egg donor recipients are often times couples who have tried every other path to parenthood meeting a dead end at every turn. They likely have had several heartbreaking rounds of failed in vitro fertilization (IVF) cycles, but still hold on to the dream of having a family. Egg donors help make their dreams a reality.

"I immediately felt a deep connection with this woman - my egg donor. She gave me everything and yet I will never even know her name. I want to help other women see what our donor did for us. She changed our life forever."

– Megan, SGF Egg Donor Recipient

"It's extraordinary being a mom and I honestly never thought I would be."

– Sarah, SGF Egg Donor Recipient



Who Are Our Egg Donors?

75%

DONATED BECAUSE THEY
WANTED TO HELP
INFERTILE COUPLES



78%

COLLEGE
GRADUATES
or currently pursuing
their degree

27

AVERAGE AGE

Geographic Profile:



MD 58%



VA 17%



PA 16%



DC 5%

Other 6%

57% Caucasian
22% African American
7% Hispanic
4% Asian
10% Multi-racial/other

74%

ARE BETWEEN
115 - 155 LBS

Hair color:

70% Brown
17% Blonde
9% Black
4% Red

83%

ARE BETWEEN
5'2" AND 5'8"



The point is, egg donors come from all walks of life. They are sporty, educated, driven, painters, authors, musicians, bakers, travelers, teachers, mothers, friends, daughters, wives, employees, Ph.D. candidates, doctors, lawyers, marketers, entrepreneurs, students. They are you. And you are just what someone is looking for.



Many common myths exist regarding egg donation – for instance, if you’ve never donated, you might think that by donating you are getting rid of your eggs – which are necessary to have a baby. But that simply is not true.



Myth #1 Egg donors are just in it for the money.

False. 75% of egg donors decide to donate because they want to help an infertile couple. While compensation might be a part of why they consider it, the women who make it to egg donation are in it to help someone else.

Myth #2 Egg donation is weird and nobody does it.

Over the past 3 years, Shady Grove Fertility alone has received over 45,000 applications from women who are interested in donating.

Myth #3 By donating my eggs I will have none left of my own.

During each menstrual cycle, a woman produces one egg and approximately 1,000 die off. The eggs that are donated would naturally die off that month. We are using what is already there and doesn't "drain" your future fertility.

Myth #4 I don't have time to donate eggs.

There are only 2 days you may have to take off of work or school. During the egg donation cycle, we schedule early morning monitoring appointments to ensure you can go about your schedule as normal.

Myth #5 It will hurt.

The only discomfort you may experience is during your egg donation cycle, similar to PMS, and after the egg retrieval. Most egg donors report feeling normal.



From Applicant to Egg Donor

At Shady Grove Fertility, we care about the well-being of our egg donors as much as we care about our patients. We understand that the decision to become an egg donor is empowering, however, it is our job to make sure you are prepared both medically and emotionally to take this step. In order to become an egg donor at Shady Grove Fertility, all applicants complete a sequential process to take you from applicant to egg donor.

This methodical process ensures that if you are selected to become an egg donor, it's because you are prepared mentally, physically, and emotionally to make this commitment.



"My nurse called maybe a week after I'd been placed on the database—I had been selected by a family! It's hard to put into words how that felt because it was such a unique experience. But what I can say was how grateful I was to this couple for choosing me to help them build their family. How much more special could I ever feel? My heart was filled to the brim with joy."

– Joanna, SGF Egg Donor



The Six-Step Process

Step 1: Apply to Donate

Complete the initial application. This is just to make sure you meet the basic requirements of becoming an egg donor.

Step 2: Complete Egg Donor Profile

The Egg Donor Profile is one of the most important steps in becoming an egg donor. Your Profile gives insight into who you are, offers a glimpse into where you came from, and provides a snapshot of your life. It is the only tool egg donor recipients have to select their anonymous egg donor.

Step 3: Complete the Medical Evaluation

Medical screening is the third step of the process and it begins with a blood test and ultrasound to evaluate your hormonal levels and potential egg count. These results determine your eligibility to continue with the donation process.

Step 4: Attend Donor Orientation

Orientation, what we call Donor Day, is an appointment in which you will meet with one of the Shady Grove Fertility nurse practitioners to review your baseline testing results, complete additional testing, review both your personal and family medical history, and learn about the donation process. This appointment is typically from 9:00 a.m. to 2:00 p.m.

Step 5: Meet with a Counselor

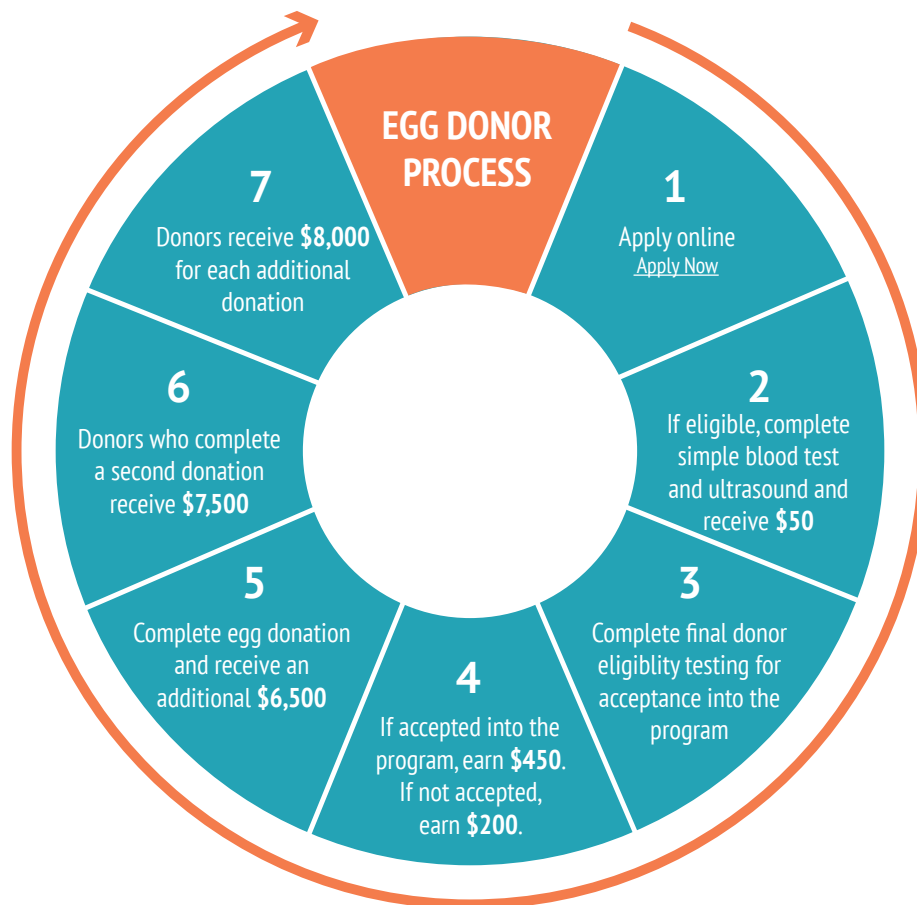
A 1 hour meeting with a counselor to ensure you are mentally and emotionally ready to donate.

Step 6: Get Approved to Donate Eggs

Once you receive both medical and psychological clearance we will upload your profile into our active donor registry. Donors are usually selected within a few days but can take up to a few months.

Stepped Process and Compensation along the Way

We recognize that your decision to become an egg donor is a tremendous gift, but we agree with the American Society for Reproductive Medicine (ASRM) that participants cannot be "paid" for their oocytes/eggs. However, it is clearly recognized that your time, effort, and commitment should be compensated. The total compensation for a completed cycle is \$7,000 for first-time donors. This amount is paid out in phases as you progress through each portion of the screening and donation process:



"The first time I donated, I remember vividly how emotionally good I felt. Pure, simple goodness in the knowledge that I created hope where previously there had been none." - Abby, SGF Egg Donor



Ready to Apply?

If you meet the following criteria, we encourage you to take the next step and apply to become an egg donor:

- Body mass index (BMI) 18-32
- Live within 1 hour of our 19 full-service office locations
- Ages 21-32
- College education preferred
- Non-smoker and in good general health
- Interested in helping another family



ShadyGroveFertility.com/EggDonation

1-877-411-9292 | ShadyGroveFertility.com
19 Full-Service Office Locations
Maryland | Pennsylvania | Virginia | Washington, D.C.



SHADY GROVE
FERTILITY

