

ADVANCED FERTILITY CARE



SIMPLY

anonymous egg donor programme

A GUIDE

CONTENTS

Choosing a Fertility Clinic	4
Could you benefit from Egg Donation?	5
10 Reasons to come to Sims for Egg Donation	6
The Sims IVF Egg Donation Package	6
About the Simply Egg Donation Programme	7
Sims IVF & Sanatorium Repromeda – a successful partnership	8
Donor Choice: ensuring a good match	9
How Egg Donation Works	11
The Egg Donation Journey at a Glance	11
Stage 1: Consultation	11
Stage 2: Investigations and Counselling	12
Informing your Child	13
Stage 3: Documentation Review, Consent Signing and Sperm Freeze	14
Stage 4: Donor Choice	15
Stage 5: Donor Cycle, Fertilisation and Embryo Freezing	16
Stage 6: Embryo Transfer	17
Stage 7: Cycle Outcome	18
The Support and Resources You Need	19
Coming to Dublin: Our Service for Overseas Patients	21
Legal Implications of Egg Donation	22
Questions about our Egg Donation Programme	23
Message from our founder	28



Choosing a Fertility Clinic

LEADING THE WAY WITH EGG DONATION PROGRAMMES IN IRELAND

The emotional and psychological impact of infertility can be extremely difficult. **While one in six couples in Ireland encounter fertility problems, each person is unique in terms of the support, care and treatments they require.** Choosing the right fertility clinic can be confusing and valuable time and money can sometimes be wasted on treatment centres that don't have the know-how or expertise to explore all options fully.

45% of Sims IVF patients have already received treatment from another provider and 5% have already experienced another egg donation programme. As a result, we are experienced in caring for people whose treatment has failed elsewhere. We take pride in being able to offer

hope to patients, from Ireland and abroad, with complex fertility diagnoses.

In 2013, the Simply Egg Donation Programme was created in conjunction with our partner clinic in the Czech Republic. Simply Egg Donation provides the same excellent standards of care insisted upon at Sims IVF, but at a more affordable price due to a streamlined process.

Sims IVF is licensed by the Irish Medicines Board, ISO quality standard approved and complies fully with all current EU and national legislation regarding the safety and quality of tissues and cells.

NEW BEGINNINGS HAPPEN EVERY DAY AT SIMS IVF

The Simply Egg Donation Programme is our affordable, streamlined process, conducted to the highest possible standards of care. Our staff, from the fertility specialists who are recognised experts in their field, to the nurses and midwives who are your guides during your journey, do everything they can to ensure you have a positive experience.

When you come for a consultation at Sims IVF, your fertility specialist will discuss the various fertility treatment options with you. Egg Donation may be one of those options.

If you decide to proceed to the next stage, your fertility specialist will refer you to one of our qualified, specialist Egg Donation Co-ordinators. Our Co-ordinator is there to support you all along the journey, from first call to final scan.

Could you benefit from Egg Donation?

Egg donation has become an increasingly popular choice for couples who have exhausted other options and yet have still failed to conceive. This is because egg donation has significantly higher chances of success than performing IVF with the woman's own eggs. **The resulting Clinical Pregnancy Rate is over 60%.**

You will find that egg donation also gives you a very strong opportunity for biological and developmental relationships within your family because donor eggs are fertilised with the male partner's own sperm, matured to the embryonic stage and then placed in the female partner's uterus. It therefore gives you the same experience of pregnancy as natural conception.

Women who do not produce eggs or those with poor quality eggs may be advised to seek treatment with donated eggs.

In vitro fertilisation (IVF) involves fertilisation of a woman's eggs with her partner's sperm in the laboratory. The resulting embryos are placed in the womb 2-6 days later. If they implant, the embryo may develop into a pregnancy.

Unfortunately, some women are unable to provide eggs suitable for IVF. There are a number of reasons why this may occur:

- The ovaries never developed properly e.g. Turner's Syndrome
- Premature menopause (before the age of 40)
- Ovarian damage following surgery, radiation or chemotherapy
- Previous surgical removal of the ovaries
- Repeated failure to respond to ovarian stimulation in an IVF programme

- History of recurrent miscarriage
- Where the woman is a carrier of a genetic disease, such as muscular dystrophy or haemophilia

If you are considering our Simply Egg Donation Programme, we recommend that you meet with us for an initial consultation.



10 REASONS TO COME TO SIMS FOR EGG DONATION

1. The donor you select is exclusive to you for that particular cycle, meaning you get all of her eggs
2. We offer anonymous donation
3. Costs are all-inclusive
4. Our success rates are above the EU average
5. Sims IVF provides ICSI and Blastocyst transfer as a routine part of this programme. Many international clinics are unable to offer this service
6. No waiting lists to come onto our programme
7. Patients only have to travel to Dublin or Cork for treatment, which keeps your travel costs relatively low
8. All our staff are English speaking
9. You get a dedicated, personal service from our Egg Donation Programme Co-ordinators.

THE SIMS IVF EGG DONATION PACKAGE

Our egg donation Co-ordinators will be happy to go through the elements of the Simply Egg Donation package with you at any time.

Our package includes

- All routine blood testing
- All laboratory costs including semen analysis, semen freeze, ICSI and Blastocyst Culture
- Storage costs of any frozen embryos for a period of one year
- Recipient Transfer Cycle
- Donor costs
- Donor medications
- One to one donation, meaning that eggs retrieved from the donor for your cycle are entirely yours and not split between you and other recipients
- Shipment of gamete and embryos, saving you the cost of travel, accommodation and time off work
- Implications Counselling
- Saline Infusion Sonogram

Most overseas clinics do not include semen analysis. They may not include semen freeze and they may not include ICSI, or Blastocyst culture. These additional services, provided as part of your package from Sims IVF, could make all the difference in successfully conceiving a child.

It is also important to note that the costs for the donor including counselling, and other payments may be allocated to you separately by the overseas clinic and that these costs could be significant. Again, we include all donor costs in our quote to you.

About the Simply Egg Donation Programme

At Sims, our aim is to help you to conceive and experience the joy of having a family.



Simply is our streamlined, affordable egg donation programme, providing a choice of 2 anonymous donors.



Simply is conducted to the highest international standards, and leads to successful pregnancy tests in over 60% of cases.



Simply is conducted in partnership with Sanatorium Repromeda, a leading ISO-accredited assisted reproduction centre in the Czech Republic.

Key features:

- First-class success rates of over 60%.
- Donors are completely anonymous.
- Choice of 2 Donors.
- Basic Donor Profile.
- All-inclusive price package.
- No waiting lists.



SIMS IVF & SANATORIUM REPROMEDA – A SUCCESSFUL PARTNERSHIP

Our partnership with the Czech clinic, the providers of this programme, is well established. The clinic is an ISO accredited assisted reproduction centre in the Czech Republic with more than 15 years' experience of providing egg donation programmes.

Like Sims IVF it operates within the strict guidelines provided by the EU Cell and Tissue Directive. The clinic's specialist reproductive scientists carry out ICS/PICS on-site with frozen partner sperm Sims IVF has transported over to them. After fertilisation the Czech clinic grows the embryos out to blastocyst stage. The resulting blastocysts are then cryopreserved and returned to Sims IVF where we thaw them when the couple are ready to proceed with embryo transfer.

The addition of this egg donation programme enables us to ensure we are offering the best possible egg donation service to patients in Ireland. We only engage with clinics of similar frame of mind that can provide state-of-the-art facilities and fertility experts capable of providing the standards of care, excellence and innovation our patients expect. Our expert medical teams are in regular contact to discuss cases, processes and procedures, ensuring you get the best of both of us.

Why the Czech Republic?

In Western Europe the number of recipients outstrips the number of available egg donors. The reverse is true in Eastern Europe where couples tend to have their families at a younger age, and are therefore in a position to consider donating eggs. In Western Europe, people tend to have children later, and they are usually unsuitable candidates for egg donation by the time they're ready to consider it.

Like Ireland, the Czech Republic is part of the EU, meaning that our partner clinic complies with the same legislation and guidelines as Sims, and their experience and excellent reputation make them excellent partners for the supply of the Simply Egg Donation Programme.



DONOR CHOICE: ENSURING A GOOD MATCH

The Simply Egg Donation Programme provides you with a choice of 2 donor profiles including physical characteristics, personality traits and education. Our donation team can also use head and full length shots of you and your partner, along with your physical characteristics find the best possible matches from their pool of donors.

One-to-one donation

Eggs retrieved from a donor are not split between a number of recipients; they are donated for the use of a specific recipient. The eggs that are donated for your treatment cycle are exclusively reserved for your use.



Our Donors

Our pool of egg donors come forward voluntarily because of a desire to help others.

There is no incentive other than compensation for expense, time, inconvenience and risks involved in the procedure.

The egg donors understand that the main objective of the medical procedure is to enable another female recipient to carry and deliver a child that they could not otherwise conceive.

All treatment is confidential for both parties.

Donor health

Egg donors must be fit and healthy and between the ages of 18 and 34 years. The donors are screened for problems relating to family health history and transmissible infectious diseases and must consent to their eggs being donated. Each donor goes through a triple testing regime as follows:

- **Initial donor assessment**

Blood tests are taken and analysed for major diseases including HIV, Syphilis, Hepatitis and Cystic Fibrosis. The donor is accepted onto the programme only if the results are negative.

- **Screening at time of donation cycle (30 days)**

A second screening takes place for diseases including HIV, hepatitis and syphilis. Donation only takes place if all results of tests are negative.

- **Screening on day of donation**

A third screening takes place on the day of donation for HIV, Hepatitis B and Hepatitis C. Embryos will be released for shipment on receipt of negative results.

This is the highest standard of screening possible and our testing regime is being recommended for use throughout the rest of Europe. As a recipient, triple testing is vital, giving you peace of mind.

The donor receives a psychological evaluation and counselling before her eggs are removed for the purposes of egg donation.

The egg donors understand that the main objective of the medical procedure is to enable another female recipient to carry and deliver a child that they could not otherwise conceive.

All treatment is confidential for both parties.

The Simply Egg Donation Programme provides you with basic donor profiles including physical characteristics, personality traits and education. If you are happy to do so, head shots of you and your partner may be sent along with your physical characteristics in order to help the donation team allocate the best possible matches from their pool of donors.

However, identifying information about the donor will not be made available to you, or to any child resulting from treatment. The donor will not be provided with any information about you, and will not have any right to access information about any child resulting from the treatment.

Importantly, neither the donor nor the partner of the donor has any claim on or obligation towards any resulting children. This means that you and your partner are deemed to be the sole parents and guardians of the child and your names are on the child's birth certificate.



How Egg Donation Works

THE EGG DONATION JOURNEY AT A GLANCE

Simply Egg Donation involves seven key stages and they are: Consultation, Investigations and Counselling, Sperm Freeze, Donor Choice, Donor Cycle, Embryo Transfer and then your Outcome.

STAGE 1: CONSULTATION

Meet your Fertility Specialist

When you come for a consultation at Sims IVF, your first step is to meet a Sims IVF fertility specialist. Your consultant will discuss the various fertility treatment options available with you.

Egg Donation may be the most appropriate choice for you. This will depend on a number of factors including:

- AMH levels (ovarian reserve)
- Previous fertility treatment
- Medical history

When recommending egg donation as an option, your Sims IVF consultant will brief you on:

- The egg donation programmes available
- Risks associated with egg donation
- Risks associated with fertility treatment

If you decide to proceed to the next stage, your doctor will refer you to our dedicated Egg Donation team for a consultation with a qualified Egg Donation Coordinator.

Meet your Egg Donation Coordinator

Your Egg Donation Coordinator will be a nurse or midwife with specialist expertise in egg donation. Entirely dedicated to our egg donation programmes, our coordinators will be your link to Sims, providing expert care for you and ensuring that you are supported and informed throughout the process.

At your first meeting, your coordinator will explain the egg-donation process and ensure that you have a full understanding of what's involved, and are fully prepared to proceed.

The following areas will be discussed:

- Explanation of the programme including potential outcomes and risks
- Information on tests, investigations and counselling required for the recipient couple
- Explanation of how to complete the Recipient Characteristics Form
- Explanation of the donor process including criteria, testing and treatment cycle
- Step-by-step treatment timeframe from consultation to embryo transfer
- Programme costs and timing of payments
- Opportunity for you to ask any questions about the process



Your coordinator will also provide you with detailed consent forms. These forms highlight and invite you to consider all potential outcomes and complications associated with egg donation. The areas covered include:

- Investigation plan
- Screening (EU Cell and Tissue Directive)
- Mandatory Counselling
- Programme costs and paying for your programme
- Donor matching
- Possible surplus embryo freezing
- Risks associated with egg donation including shipping and cross infection
- Risks of failure
- Risks to the child – hereditary diseases
- Multiple births

The Egg Donation Coordinator will advise you to review and complete the consent forms at home as they require both time and consideration. These forms should be brought with you to the Consents signing appointment (Stage 3) where you will have an opportunity to discuss them further prior to committing to the programme.

STAGE 2: INVESTIGATIONS AND COUNSELLING

A number of standard tests and investigations are required for both partners prior to proceeding with the programme. All the tests below are included in the cost of the programme. The Egg Donation Coordinator will explain these tests and assist you with booking them at your initial consultation.

In some cases your doctor might recommend additional testing prior to your treatment cycle. Any additional testing required will be charged per item.

Counselling

Implications counselling is a mandatory legal requirement for all couples wishing to avail of egg donation. Counselling is essential for **both partners** before the treatment begins. The process helps you to explore any questions and concerns you might have regarding the use of donor eggs to achieve a family. In addition, counselling often raises issues that a couple might not have considered previously.

Sims IVF provides experienced fertility counsellors who are familiar with the complex issues and implications involved in undergoing egg donation.

Implications Counselling offers a service to recipient patients where they can express issues and feelings about proposed egg or sperm donation. Issues specific to donor conception are explored, such as, disclosure versus non-disclosure to family, friends or anyone else who may be affected by such treatment, either in the present or in the future. It also provides a therapeutic space for the patient to reflect on the experience of letting go of the hope of having a genetically shared child and the meaning of building a family with donation.

The issue of choosing disclosure or non-disclosure for a potential child (egg or sperm donation) are also focused on. Implications Counselling aims to support patients in making a conscious and informed decision about donor-conception.

Female Investigations

1. Female Tests

- Infectious screening bloods
- Blood group
- Basic hormone tests
- Rubella immunity
- Blood clotting

2. Ultrasound Investigation: Saline Infusion Sonography (SIS).

This test assesses two major factors that can influence the success of treatment; the ease of embryo transfer and the condition of the uterine cavity. The test provides useful information to ensure the inside of the womb appears normal and that embryos can be transferred easily and safely.

INFORMING YOUR CHILD



The important thing is that if you are a prospective parent, under an egg donation programme, it is essential to give careful consideration to the decisions you will have to make when it comes to informing your child or not. You may find that you change your mind over time.

You and your partner will get the opportunity to discuss this issue and many more during your counselling sessions.

Male Investigations

The egg donation programme is very much dependent on both the male and female partner for its success. Male factors that could significantly reduce your chances of success include:

- Being a smoker
- Being over 40 years of age

Return consultation

Once all investigations are complete you will have a consultation with your doctor to discuss the results and finalize your treatment plan. This can take place on the phone or in person. The Egg Donation Coordinator will advise you about arranging this.

STAGE 3: DOCUMENTATION REVIEW, CONSENT SIGNING AND SPERM FREEZE

Consents Signing

Prior to the Consents appointment you will receive a call from the Egg Donation Team to confirm your wish to proceed and to advise you of any additional requirements. You will also be reminded to attend with the Consent forms completed (except the last page).

At the Consents appointment you will meet with an Egg Donation Coordinator who will review the consent forms with you. The Coordinator will again highlight the main risks associated with the programme. You will also have an opportunity to ask any questions you have regarding the programme. Once you have confirmed you are

Male tests

- Semen Analysis
- DNA Fragmentation
- Infectious screening bloods
- Blood group

happy to proceed, the final sign off of the consent forms will take place and you can progress to the next stage of the programme.

In order to facilitate the donor selection process we will also ensure you are satisfied with your completed Recipient Characteristics Form. This form records information about the physical characteristics (hair colour, eye colour, height, build, ethnicity) of both partners and any other relevant information you wish to include.

In addition we will take photos of you both to send to our partner clinic to further assist in the donor matching process.

Semen Freeze

To ensure that the optimum sample is produced, semen freeze should be carried out following 2-3 days of abstinence from intercourse or masturbation. Usually only one semen sample is required to be frozen but this does depend on the quality of the sperm obtained. You will be advised by the team at Sims if a subsequent sample is required.

Once the semen sample is received a basic semen analysis is performed in our laboratory. The sample is then frozen in advance of shipment to our partner clinic to be used for fertilization of the donor eggs. A test thaw of the frozen sample is performed in Sims prior to shipment to ensure the sample is suitable for use in this programme.

Transport of Frozen Sperm

Frozen semen samples are transported by air in a temperature controlled container to our partner clinic. Samples are accompanied at all times by an experienced specialised courier until they are delivered to our partner laboratory. Every effort is taken to minimise any risk to samples during the transport process.

Once all consents have been signed and the semen sample has been frozen the donor allocation process can begin.

STAGE 4: DONOR CHOICE



Choosing your donor is a milestone in the Simply journey. Your completed characteristics form and photos will be shared securely with our partner clinic. The donor allocation team, comprised of experienced egg donation professionals, will use this information to select two compatible donors for you.

A detailed profile of each donor including physical characteristics, education, hobbies and personality traits will be made available to you. You will have the opportunity to review the donor choice to determine which donor is best suited to your needs. You will then be advised to communicate your final donor choice with the Egg Donation team.

Once you have approved the donor, work in our partner clinic commences.

NB: Please note that your chosen donor cannot be confirmed with our partner clinic until full payment for the Simply Programme has been received.

STAGE 5: DONOR CYCLE, FERTILISATION AND EMBRYO FREEZING



Once accepted to the programme, the egg donors are usually keen to start treatment as soon as possible. We do however allow a timeline of up to 8 weeks (approx. 2 period cycles) from the time of confirmation to the start of their stimulation cycle. You will receive a call from the Egg Donation team to inform you when your donor is ready to start her treatment cycle.

The donor will commence ovarian stimulating medications and undergo regular ultrasound and blood testing to monitor her response to the treatment. Once the medical team in our partner clinic deems her response appropriate, the egg collection procedure is planned.

There is a small possibility that the donor may not respond to her treatment and therefore no eggs become available. Thankfully this happens rarely but if no eggs are available you will be provided with another donor choice form as soon as possible.

Egg Collection

Eggs are retrieved from a donor by means of vaginal ultrasound guided aspiration of ovarian follicles.

This involves the introduction of a specially designed needle through the vaginal wall under local anesthesia and intravenous sedation.

Once egg collection is complete a process called ICSI then takes place. ICSI improves the chances of pregnancy by helping embryologists to identify the best sperm to use to fertilize the donor eggs. One sperm is then injected into each individual egg with the aim of creating fertilized oocytes.

Eggs that fertilize successfully are then called embryos. The embryos are cultured in the laboratory for 5-6 days until they reach a stage called blastocyst. The blastocyst embryos are then frozen by a process called vitrification in preparation for shipping to Sims by specialist courier.

You will receive a call from the Egg Donation team when your final embryo number is known. At this stage we will advise you of the next steps and provide you with a date for your embryo transfer.

STAGE 6: EMBRYO TRANSFER

Preparing for the Embryo Transfer

Once you have been informed of your total embryo number, preparation for your embryo transfer cycle begins. This will be organised by one of the Egg Donation Coordinators. A 1-2 month treatment schedule is set up and a prescription for specific uterine preparation medications is arranged.

We want to ensure that the embryos are placed in the womb at the optimal time for implantation. This is usually achieved by firstly starting on the contraceptive pill for a short period. A nasal spray is then introduced to make the ovaries temporarily inactive. This is known as down regulation. Some women requiring donor eggs do not menstruate and therefore may not require down regulation. Once down regulation has been achieved, hormone tablets are taken daily to prepare the lining of the womb to receive the embryos.

Ultrasound scans are carried out following commencement of the hormone tablets so that the lining of the uterus can be assessed in advance of the embryo transfer. If the uterine lining is satisfactory, an additional hormone – progesterone – is taken as advised. This ensures that the lining is in the best possible condition for implantation of the embryos.

The Embryos are thawed on the morning of embryo transfer in preparation for transfer into the uterus. They are replaced through the neck of the womb using a small plastic tube. This is usually a painless procedure rather like having a cervical smear test and it takes approximately 10 minutes to perform.

Following embryo transfer, the hormone tablets and progesterone medication are continued daily as indicated in your treatment schedule. These hormones reflect the changes that normally occur in a woman's body at this time. While the hormone supplements are being taken, a period will not usually occur. However, this does not necessarily mean pregnancy has begun.

12 days after the embryo transfer, you will be advised to do a pregnancy test to establish if you are pregnant.

N.B. Your first embryo transfer is included in the all-inclusive package price. Subsequent transfers will be charged as frozen embryo transfer cycles.

STAGE 7: CYCLE OUTCOME



On the date provided for your pregnancy test you may opt to do a home pregnancy test. If you wish to do so, we recommend you use either Clear Blue or First Response testing kits as they are capable of detecting early pregnancies.

Regardless of the result of a home pregnancy test we ask that you attend for a blood test to confirm if you are pregnant or not. This blood test will routinely be done in the morning and you will receive a call from the Egg Donation team later the same day with the result.

Pregnant

When a positive result is confirmed an Egg Donation Coordinator will advise you regarding your medications and early pregnancy care, and will book you in for your first obstetric scan at approximately 7 weeks. The Egg Donation team understands what a special and important time this is for you both. Our coordinators are available to offer guidance and support throughout the first 12 weeks of pregnancy until your care is referred to an obstetric team.

Please note that on some occasions the pregnancy blood test result might be inconclusive. For example a level of pregnancy hormone might be detected but that level is lower than expected based on the date of your embryo transfer. In this instance the Egg Donation Coordinator will advise you regarding repeating the test and the possible outcomes of the cycle.

Not Pregnant?

Although our pregnancy rate is high there is no guarantee of a positive outcome. We understand that a negative test result is very disappointing for both partners and our Egg Donation coordinators are available to support you at this difficult time. You will be advised regarding your medications and about arranging a return consultation with your Sims consultant to discuss future options. If either of you feel you need additional support at this stage our specialist counsellor is also available for a session by phone or in person.

THE SUPPORT AND RESOURCES YOU NEED

Online Patients Resource Area

We have set up a Patients Resource Area on our website: www.eggdonation.ie to give you guidance through your treatment.

This resource gives you useful information including frequently asked questions, video demonstrations on how to take injections and any forms that you need to fill out.

The Patients Resource Area is unique to patients of Sims IVF and was developed based on patient feedback and insights.

Counselling

Any fertility treatment is very emotional and egg donation is no different. For most couples, the most difficult time is not the technical period, but the waiting involved. Most couples tend to overestimate the technical demands of fertility treatment and underestimate the emotional demands.

Sims IVF offer a range of counselling services. This is booked directly through reception.

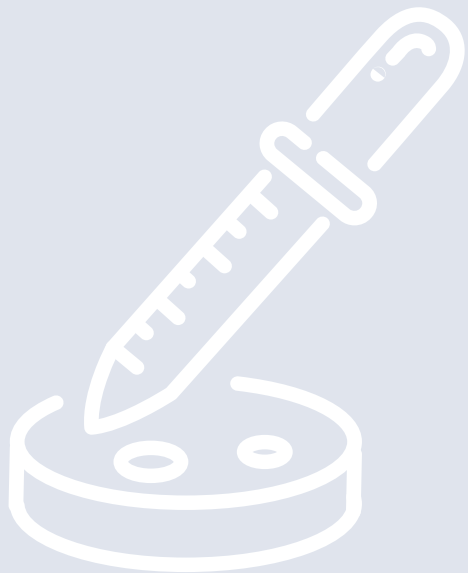
Counselling available includes; Therapeutic Counselling for individuals or couples, Counselling if a patient experiences a negative outcome and/or Implications Counselling, for patients requiring the use of donor sperm or donor eggs (mandatory).

Acupuncture

Specialist acupuncture services are available at Sims IVF to support you in the lead up to treatment, on the day of embryo transfer and in the period following the embryo transfer.

Referral by your GP or Gynaecologist

If you have been referred to Sims IVF by your doctor or gynaecologist, it is our policy to keep them informed of your progress. If not, we will stay in contact with your GP, unless it is your express wish that we do not. We believe that you ought to be given as much support as possible when undergoing fertility treatment and that your doctor can help you to manage your treatment.



Medications

Once you have agreed to initiate treatment, you will be given a prescription for medications.

We recommend that you procure your medication from specialist pharmacies with specific training and expertise in IVF and fertility medication. Sims can provide you with a list of these.

Research has shown that dealing with a pharmacy that is experienced in the area of prescribed fertility medication can assist in the success of the treatment. The reasons for this are simple: a pharmacy that is well briefed on the types and stock levels of medication required, the issues involved and the back-up service needed for patients will deliver a better service to our patients.

This means that you as a patient experience far less stress than if you are dealing with a pharmacy that doesn't have all the medication you require, in stock, on time.

Any experienced pharmacist can also provide the necessary guidance to ensure that you are clear on when and how to take your various medications.

Of course, patients may use a pharmacy of choice unless the consultant specifically recommends otherwise for professional reasons. We can also give you details of pharmacies that can provide a 24/7 service to support your needs.

Drugs Payment Scheme

If you are an Irish resident, most fertility medications are covered under the DPS (Drug Payment Scheme). To qualify for the scheme and to get the latest updates on your entitlements, you can apply to your Health Board. Forms are available from any pharmacy.

Private Health Insurance

Some of the major healthcare providers cover aspects of fertility treatment. It is possible that they may cover consultations and/or some investigations or tests. For more information, contact your health insurance company directly.

Tax Relief

Keep all invoices as these are tax deductible and it may be possible to reclaim them under the Med 1 scheme. Further information and forms are available at www.revenue.ie

Coming to Dublin: Our Service for Overseas Patients

PATIENTS FROM THE UK AND OTHER COUNTRIES OUTSIDE IRELAND

If you are travelling to Sims IVF from outside Ireland, we will endeavour to minimise the number of times you must travel to Dublin by carrying out as much testing and treatment as is appropriate at each of your visits to us. For example, you may speak to the fertility specialist, the Egg Donation Programme Coordinator and the Counsellor via phone or Skype.

When in Dublin blood testing, SIS, consent signing and sperm freeze could potentially be organised in the space of 2 visits over 1 week.

Once your initial appointments are complete, you will generally find that you only need to travel to Ireland for treatment, because the embryos come to the recipient rather than the other way round. Most other procedures such as follow-up scans can usually be done locally.

Travel requirements are kept to a minimum, for couples joining the Egg Donation Programme from abroad.

Clearly there are individual aspects of care for your case that will alter according to your circumstances. These should be discussed with the Sims IVF Consultant or with one of the Egg Donation Co-ordinators to make the process as simple and straightforward as possible.

Legal Implications of Egg Donation

HOW IS EGG DONATION TREATED LEGALLY?

The following information is the Sims IVF interpretation of legal advice that we received regarding egg donation. It is not a substitute for legal advice regarding your own particular circumstances or planned treatment. We recommend that you obtain independent legal advice if you plan to embark on treatment through our egg donation programmes.

- Gamete (Egg or Sperm) donation is legal and constitutional under Irish law. Gamete donation began in Ireland as sperm donation. It has been available in Ireland for over 30 years. Egg donation became available in Ireland in 2000. There has been no adverse case law to date.
- Under Irish law, the rights of the donor are protected up until the act of donation occurs. After that takes place, the law protects the recipient's rights.
- Under the Children and Family Right Bill 2015 and the proposed Assisted Human Reproduction Regulation Authority Legislation, all egg donation programmes will be identifiable and a national Donor Registry will be established.
- Under anonymous donation If a donor tried to track down a child, she would have to overturn a number of points of law:
 - The fact that legally the mother would be interpreted as the birth mother under Irish law.
 - The fact that the donor would be in breach of the Data Protection Act 1988, whereby information relating to the child or the commissioning parents cannot be given to others without their consent.
 - It would be a breach of contract law - because the donor gave up her rights to the egg and to any born child.
 - It would also be a breach of the constitutional rights of the recipient couple. Under the McGee verdict 1973, a couple have a constitutional right to expand or limit their family as they wish. This legislation results in four specific legal protections for a recipient. A donor is informed very clearly that when they donate, they give up all rights to the eggs and to any children born of those eggs. Equally, they have no responsibility for such children.
- If you are located outside Ireland and the UK, then the laws of your jurisdiction will apply.

Other legal aspects to consider

- Currently, under Irish law, donors are allowed to remain absolutely anonymous.

Questions about our Egg Donation Programme

Q1. If I am interested in considering this programme what is the next step?

Contact Sims IVF. Please feel free to call our dedicated Egg Donation team on 01 2080710 (Option 2) for information on booking all egg donation appointments. We recommend that all appointments are booked at the one time to minimise clinic visits and waiting times for appointments.

There are full contact details on the back of this Guide. You will immediately be referred to our Egg Donation Co-ordinators who will schedule an initial appointment with one of our Consultants.

Q2. What is the timescale from starting to completion of a donor egg cycle?

The timetable is usually 4-6 months from Consent signing. It is dependent on donor recruitment and a number of other factors.

Q3. Are there donors available and what information is made available to us?

Yes, there are donors available. The Simply Egg Donation Programme provides a choice of 2 detailed donor profiles including physical characteristics such as hair and eye colour, height, weight, and blood group.

You also get information on family history and education levels.

Q4. Is there independent verification of the samples during this treatment?

As with any fertility treatment involving sperm and eggs there are established clinical and laboratory systems for verification. These principles of good laboratory practice apply both in Ireland and in Europe.

Q5. What are the overall clinical pregnancy rates?

The success rates of the Sims IVF Egg Donation Programmes exceed the European average at over 60% Clinical Pregnancy Rate per transfer.

Q6. Are the European Egg donors paid?

Donors are compensated for expenses incurred and for their time and inconvenience as well as the risks of the procedures involved in donating eggs.

Q7. Then why do they donate?

For similar reasons as to why Irish women donate – altruism plays a significant part. This is particularly the case for donors who have had children of their own and therefore understand the pleasure that children and family life can bring. In addition many donors have had family members or friends who have undergone fertility treatment and they have witnessed the life changing joy such treatment can bring.

Q8. What led you to choose the clinic you are working with in the Czech Republic?

We chose a modern, leading edge IVF facility similar to our own clinic. We ascertained that we could work well with the team there, and that they already had an existing donor programme and suitable egg donors available.

Q9. Can you tell us about the donors who have been recruited for the Simply Egg Donation Programme?

They are generally in their twenties. They are screened according to internationally recognised standards – including the EU Tissue and Cells Directive.

All donors have agreed to sign away all legal rights and responsibilities to the eggs, to the embryos and to any potential child resulting from the programme. The donor will not receive any information regarding you as a recipient or that of any resulting children.

Q10. Can you tell me about infectious screening of the donors?

There is a triple testing process in place for all donors. This involves screening at three separate points during the donation process for HIV, Hepatitis B and C. In addition the donors are screened for Hepatitis A, Chlamydia, Gonorrhoea and Syphilis. Whilst not infectious, all donors are also screened for Cystic Fibrosis and Karyotyping.

Q11. How does the Simply Egg Donation Programme compare to programmes in Europe?

There are a number of specific benefits to this programme. Firstly there is less travel involved for recipients which helps to reduce the stress and the expense of treatment.

Secondly, unlike many other European programmes that split the eggs from one donor between two or more recipients, ours is a one-to-one donation, where all eggs retrieved in a cycle are allocated to one commissioning recipient couple.

We have also incorporated Blastocyst culture and transfer to further improve the results.

Finally, with regard to costs, the overall cost of the programme is all-inclusive.

Q12. If this treatment does take place in Ireland, there will presumably not be a fresh embryo transfer. Will this factor reduce the chance of success for us?

No. The transfer is a frozen Blastocyst transfer following thawing of the embryos. Frozen blastocyst transfers are routinely carried out in IVF centres worldwide with good success rates.

Recent research indicates that they are just as successful as fresh embryo transfers. This should not impact the chances of success for you.

For more detailed information please see our website: www.eggdonation.ie

Message from our founder

Sims IVF is the leading provider of fertility treatment to couples in Ireland since 1997. Our aim is to bring the joy of a family to those who need assistance with their fertility and to help people in a professional and caring manner.

We are at the forefront of reproductive medicine and were the first to introduce gamete donation to Ireland in 2002 using egg or sperm donors. We have a wealth of experience in gamete donation and continue to expand the services we offer.

Due to the continued shortage of suitable egg donors in Ireland, in 2005 we introduced our anonymous Egg Donation Select Programme in partnership with Intersono IVF Clinic, Ukraine.

In 2013, we introduced the Simply Egg Donation Programme. This is a low cost anonymous egg donation plan in partnership with Repromeda, a top clinic in the Czech Republic.

The face of egg donation in Ireland is changing. There is increasing emphasis on choosing a donor who can be identifiable (in adulthood) to any children conceived from the egg donation treatment. With this in mind, in 2015 we established the Identifiable Egg Donation Programme in partnership with Intersono IVF Clinic.

In recognition of the higher costs associated with identifiable donor eggs, in 2017 we introduced Simply Key ID, a much more affordable, new state of the art option for identifiable egg donation. The programme is conducted to the highest medical standards and achieves first class pregnancy rates.



Dr. Anthony Walsh MD.



“After several failed IVF cycles, Sims IVF suggested their Egg Donation Programme to us. At first we had mixed feelings, however, having successfully completed the programme we are now the parents of beautiful twins, our lives are so complete. This was definitely the right path for us. We now have the dream we have been chasing for years. The staff at Sims IVF treated us with care and tenderness on our journey with them. We will never be able to thank them enough for everything they have done.”

—Feedback from a patient on a Sims IVF Egg Donation Programme

Using state of the art processes, Simply provides the option of affordable identifiable egg donation within the comfort of our clinics in Dublin or Cork. The programme offers great convenience to busy couples as there is no need to travel abroad for any appointments.

This guide tells you about the Simply Egg Donation programme. You will gain new insights into egg donation and how it works.

Our Simply Egg Donation programme offers the most affordable option for egg donation in Ireland with excellent success rates. The Clinical Pregnancy Rate (CPR) from our Egg Donation programmes is over 60%.

Both Sims IVF and the Simply Egg Donation programme are fully licensed by the Irish Medicines Board.

We are conscious of the importance of both mind and body in the treatment of infertility. Our specialised counselling services are critical in supporting our patients through their egg donation journey. In addition, Specialist acupuncture services are available at Sims IVF to support you in the lead up to treatment, on the day of embryo transfer and in the period following the embryo transfer.

Egg donation may be for you, if you have exhausted other fertility options and have failed to conceive. Egg donation has a statistically higher chance of success than performing IVF with a woman’s own eggs.

Couples that avail of egg donation may succeed where normal IVF has failed. We would be happy to discuss egg donation options with you. Our aim is to put a baby in your arms.

**Dr. Anthony Walsh MD.
FRCOG. MRCPI.
Founder of Sims IVF**



Sims IVF is an Academic Unit providing teaching for the students of the Royal College of Surgeons in Ireland.



Sims IVF is licensed by the Health Products Regulatory Authority as a Tissue Establishment (TE-011)

We are officially recognised by the British Fertility Society as a training institution for reproductive endocrinology.

CONTACT US FOR FULL DETAILS ABOUT OUR PROGRAMME

Sims IVF Dublin



The Sims Institute of Medical Science,
Clonskeagh Road, Clonskeagh, Dublin 14, Ireland

Tel:
1800 497 777
+353 (0) 1 208 0710

email:
edenurses@sims.ie

Sims IVF Cork



City Gate, Mahon, Cork, Ireland

Tel:
1800 497 777
+353 (0) 21 441 0910

email:
infocork@sims.ie



sims IVF

Directions to our Clinics are
also available on our website.

www.sims.ie