



Planning on Donating Eggs?

COMPLETE GUIDE TO
EGG DONATION



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First of all, who needs donor eggs?

There are many situations in which an individual or couple needs an egg donor to start a family.

Some common reasons to use an egg donor include:

- **Age:**

A woman is born with all the eggs in her ovaries that she will ever need from birth. As a woman ages, her egg reserve diminishes in both quality and quantity. This is why many women over 40 find it very difficult to conceive naturally and require donor eggs.

- **Early menopause:**

Many women experience early onset of menopause that begins at age thirty or younger. This leaves these women very little time to start a family.

- **Medical reasons:**

A woman facing a reproductive disorder, ovarian damage caused by a disease or disease treatment, or born without ovaries will need donor eggs to have a baby.

- **Repeated failed pregnancies:**

Miscarriage is more common than you might think and women of all ages face difficulty getting or staying pregnant, often for unknown reasons. In such a case, donor eggs can bring a solution.

- **Same-sex couples:**

Gay couples require donor eggs in order to achieve pregnancy.

- **Single parents:**

Single male parents require donor eggs to create the embryo in order to have a baby.



Who is donating eggs?

Most donors are young students or working women who want to help those who are unable to achieve a pregnancy or carry a successful pregnancy to term.

These Egg Donors remain completely anonymous.

Why donate?

Typically, there are two reasons to donate: Donors are driven by the sense of fulfillment by helping someone have a baby and use the compensation to pursue their professional and personal goals. The amount they receive for the short time commitment helps them complete their education, start a business, build a savings account, travel, and do more. With Lucina, you can earn from \$8,000 to \$15,000 as compensation and earn \$800 extra per successful referral.

How does it work?

Donating eggs with an Egg bank takes minimal time and requires approximately 6 to 8 doctor appointments throughout the process (usually most of these are done in your local area). Since there is no rush to synchronize the cycle with a recipient, most of these appointments can be arranged around your school or work schedule, and typically take place in the morning.

We will be covering all expenses incurred for the traveling and accommodation. Our priority is to ensure that your egg donation experience is a safe, comfortable and positive one!





Let's break down the process timeline in detail!

1. Application

It all starts with an application, which you can complete [here](#).

The application has a detailed questionnaire about your background, medical, family and personal history. It will also ask for some photos (childhood, adult, family).

The basic criteria to become an egg donor is as follows:

- 19-31 years old
- Healthy lifestyle
- Non-smoker
- BMI less than 28
- Education a plus

For any assistance you can call us at **858-345-3274**
or email donation@lucinaeggbank.com.



2. Initial interview

We will conduct an initial donor Interview (either in person or via Skype depending on your location) that will give you a better idea about us and allow asking questions. This is a 30-minute phone call to go over your complete family medical background and history.

3. Psychological screening

This is a 30-minute phone call or meeting plus a personality test (either the MMPI or the PAI). It will usually occur around the same time as your medical screening or immediately prior.

4. Medical Screening

Once you have submitted the application and photographs, the application will be reviewed by our team. Then, we will either call you or email you to arrange screening appointments.

The first part of the medical screening is genetic testing. A saliva test kit will be sent to your home. The results take about 2 to 3 weeks. Either once that comes back or simultaneously, a physical examination with a reproductive endocrinologist and a blood test are conducted. The physical exam includes a pelvic exam and pap smear, a pregnancy test, blood tests to determine hormone levels and the presence of any infectious diseases, and a psychological screening by a mental health professional.

At this visit we will also draw blood to screen for infectious diseases and specific genetic diseases. Our team members will be available to discuss the process in detail and to answer any questions you have. The reproductive endocrinologist will also review the medical procedures involved and discuss any risks to you. Results from the medical screening can take 1 to 2 weeks.

5. Legal Agreement

Once you have passed medical screening, a donor contract is drafted. This contract is a formal agreement clearly stating what is expected of each party during the entire donor cycle. After the contract has been signed, you are ready to start the donation cycle.



6. Stimulation

The actual donation process lasts around 2 to 3 weeks from the day medications begin to the day the eggs are extracted.

The donor receives a series of follicle stimulating hormone therapy injections that tells her ovaries to prepare several oocytes (mature eggs) for release.

- **Birth control:**

You will be put on the birth control pill in order to schedule your cycle.

- **Injectable medications:**

You will take injectable medications for 8-12 days (can be longer depending on how your body stimulates).

- **Trigger shot:**

During your doctor visits, once they determine your body is ready, they will tell you the timing for your "trigger" shot. This is the shot that gets the body ready to release the eggs. It has to be done at the EXACT time they tell you. Your retrieval will be scheduled for 36 hours following this shot.

The medication instructions will vary depending on the type of medication being used and the clinic's protocol. It is essential that you go over the medication instructions with your nurse to ensure you understand how to take the medication properly.

- **Monitoring:**

Every 2 to 3 days while on medication you will go to morning monitoring visits, usually at a local imaging center. At the appointments, your hormone levels will be tested and an ultrasound will be performed to see how your body is responding to the medications.

- **Side effects:**

While on the medications you may experience PMS symptoms, such as bloating, cramping, abdominal discomfort. Hyperstimulation: 1-2% of donors experience hyperstimulation, which included temporary severe bloating and flu-like symptoms. OHSS can be avoided with customized protocols - if you have your concerns, please discuss them with your coordinator and physician.

7. Egg retrieval

This will take place anywhere between the 12th to 14th day of stimulation medications, depending on your body's reaction to the medication. The procedure is about 20 to 30 minutes. Egg retrieval is performed through the vagina using a light general anesthetic given intravenously (administered through a vein).

Guided by ultrasound, an attachment is used to aspirate the eggs from the follicles of both ovaries. The procedure is non-invasive (no cutting or stitching) and the patient is sedated so they are not awake during the procedure.

You'll need someone to drive you home after the retrieval, and should allow yourself a day to recover. Most donors can resume normal activities the next day, although sometimes the recovery period takes longer. After the retrieval, you will be compensated for your time, travel and efforts.

8. After procedure safety

After the procedure, the donor may feel cramping and bloating, symptoms similar to a period, and should return to normal within 2 to 4 days. After the retrieval has taken place, the donor's commitment to the process has been completed.

Ready to embark on the extraordinary journey?
[Apply Now!](#)





A few more things to know before you begin

- Initial screening visit will require you to fly to our San Diego location. Please note, you may require a second similar trip right before medication starts. Retrieval trip will be 2-3 days depending on the individual case. We will pay for all travel expenses. You may be asked to bring a companion for the retrieval trip and if you do not have one, a companion can be arranged.
- Since the frozen egg donation cycle doesn't require matching with a recipient, the process is super fast and there's no wait time to donate. You can begin the cycle preparation as soon as you are cleared by screening.
- You will receive a \$75/day food allowance for your travel days — if you are within driving distance, you will be reimbursed for mileage instead of flying.
- You must NOT be a smoker to be a donor.
- If you fail a drug, alcohol, or nicotine screening at any point during the cycle, it will be cancelled and you may be responsible for the costs of the screening.
- Typically you will need to stop doing certain activities. You will have to refrain from having sex once you start taking the hormone medication - do not drink alcohol, smoke cigarettes, or use illegal drugs. You may need to stop high impact activities like running, mountain biking, and jumping. If you do not follow the rules of the specific program, you could be in breach of the donation contract. If you are in breach, you may not get paid, and you may be required to pay back the money spent on your donation, such as medical bills and travel expenses.



- It is standard procedure and beneficial for the egg donor to enter into a properly drafted egg donor contract. A properly drafted egg donor contract will clearly say that you (and, if applicable, your spouse) will not have a parent-child relationship with any child born as a result of your donated eggs. It should also address who will pay the egg donor's medical bills and any other out of pocket costs, including legal fees. You may request changes to the contract before signing it. Make sure any changes you desire are written in the contract.
- If you change your mind after signing a contract, you cannot be forced to undergo medical procedures against your will. You may be required to pay back any money that has been spent on your donation, such as medical bills and travel expenses.

Have more questions? [Click here](#)

