

Information on Sterility Treatment through the Method of Egg Donation Provided by an Anonymous Donor.

We are very pleased that you chose our institute. We want to make the maximum effort to ensure that your treatment will be successful. One of the main conditions is good mutual cooperation. That's why it's necessary to explain to you thoroughly every stage of the treatment. You will find here all the information you should know. However, do not hesitate to contact us at any time should you find our information unclear.

Our institute Gest IVF Ltd. is a private medical centre that has been operating in the field of sterility treatment for more than 15 years. We accentuate the individual approach to our clients and health care quality, as documented by the certification on quality management ISO 9001-2008.

You will find detailed information on our Website www.gest.cz.

Dr. Daniel Alexander and Dr. Monika Poláková look after our foreign patients.

Dr. Daniel Alexander

born in 1973

Faculty of Medicine of Comenius University, Bratislava, Slovakia

Postgraduate study in the field

9 year experience in the field of reproductive medicine – Iscare Bratislava, GEST Prague
speaks English, German, Russian and Slovak

Dr. Monika Poláková

born in 1972

Faculty of Medicine of Charles University in Prague

Postgraduate study in the field

10 year experience in the field of reproductive medicine – Obstetrics and Gynaecology Clinic
FN Motol Prague, GEST Prague
speaks English and German

E-mail: monika.polakova@gest.cz, daniel.alexander@gest.cz

Phone: +420602758353

Professional guarantor of donor programmes

Dr. Jan Šulc

born in 1956

Faculty of Medicine of Charles University in Prague

Postgraduate study in the field

27-year experience in the field of reproductive medicine – 1st Obstetrics and Gynaecological
Clinic of Charles University in Prague, Gest Prague

Selection and Examination of the Donor:

We use eggs only from anonymous volunteer donors.

Age under 35.

Intelligence and appearance are taken into account.

Examination: standard genetic findings including CFTR mutations (test for cystic fibrosis).

A negative test result on AIDS (HIV test), hepatitis B (HbSAg, anti-HBc antibodies), hepatitis C (anti-HCV antibodies), lues (syphilis). These tests are made before filing and then at least 7 days before egg collection.

Obligation of anonymity.

We use only women of the common European population (Caucasian race = "white skin").

You can choose colour of eyes, colour of hair and body height and weight of the donor, so as her level of education.

Requirements on Treated Couple:

Obligation of anonymity.

The age of the woman should ideally be less than 48 years. Should the age of the woman exceed 48 years, we offer individual examination for classification.

Good health condition of the woman.

The man is not a carrier of the HIV virus, hepatitis B nor hepatitis C viruses and he does not suffer from lues (syphilis).

Marriage is not necessary.

First Contact:

On our WEBSITE you can find a special on-line questionnaire about your health condition.

We ask you to complete it or to print it and to send it to us via post.

Then we send you an Agreement to Treatment Form – Declaration of the Recipient of Donated Eggs (Oocytes) and her partner. Read it carefully. You will be asked for a signature during your first visit in our institute when your identity will be verified according to your passport.

.It is recommended to have an examination of thyroid hormones and the level of prolactin of the woman, so as the gynaecological examination.

We need to know the blood group of yours and of your partner.

The condition for women over 45 to be classified in the Oocyte Donation Programme is to be examined by their GP or internist mentioning the reason why the woman cannot get pregnant is unknown.

Finally, you will be asked to pay the first part of the deposit for the settlement for treatment in the amount of 100 Euro. Please, send this amount to our bank account at:

Raiffeisenbank, a.s., Olbrachtova 9, 140 21 Prague 4, Czech Republic

Bank account No. 4175055001/5500

IBAN : CZ655500000004175055001

SWIFT/BIC of the bank: RZBCCZPP

By sending this payment, you confirm your interest about treatment within our institute and you will be added to the waiting list and we will start to prepare the volunteer donor.

The conditions for being added to the waiting list of couples waiting for a donor are the following:

- 1) Filled our on-line questionnaire
- 2) Payment of the first part of the deposit (100 Euro) into our account

Price:

1 cycle with donated eggs from the volunteer donor 124,850 CZK
the price includes: preparation of the donor, all examinations of the donor, including the genetics, stimulation of the donor, egg collection, the recipient receives all eggs from one donor, fertilization of eggs by the standard method, 48 hour cultivation of embryos, embryo transfer

not included in the price, it is necessary to include

sperm freezing	3,200 CZK
ICSI	8,800 CZK
AH per 1 embryo	3,300 CZK
extended cultivation more than 48 hours – if agreed	3,500 CZK
freezing of excessive embryos – if required and storage for 1 year	3,300 CZK
embryo glue – if agreed	1,650 CZK

Treatment Preparation:**a) Cycle Synchronization**

In order to plan the transfer of embryos made by egg fertilization provided by the anonymous donor by the sperm of your partner without the necessity of freezing them, it is necessary to synchronize your cycle with the cycle of the donor. It means that your menstruation must proceed approximately at the same time as the donor's cycle.

The cycle of all women donating eggs to our institute is synchronized so that they always start their period at the beginning of each month. We have to adapt your cycle so that your period always starts in the end of the month, which means earlier than the donor's period. For advancing your cycle, hormonal contraception, medicaments designed for hormonal replacement therapy or the combination of pills containing oestrogen, preferably micronized estradiol, and gestagen, can be used. Your gynaecologist will give you advice about the proceeding. If it is not possible, send us the details of your cycle and we will advise you what kind of medicaments should be used. Do not forget to mention whether you use any hormonal treatment.

b) Treatment Planning

When you achieve having your menstruation regularly always at the end of the calendar month, i.e. between the 24th and 28th of the month, inform us about this fact via phone. Please, do mention what month the implementation of transfer would be suitable for you. Suggest at least 2 available dates. Consequently, we will let you know about the month of the procedure. Plan your stay in the Czech Republic from approximately the 8th or 9th day of the agreed month for a period of at least 10 - 14 days.

c) Treatment Cycle

At least one month before we confirm definitive entry into our treatment programme. As soon as you have your period, please, let us know (via phone). At the same time, do not forget to inform us about your arrival in Prague. We will inform you by return about your first visit to our institute (day and hour). It will usually be the 8th or 9th day in the given month. Within this cycle, you will use micronized estradiol in the dose of 2 mg 3 times a day from the 1st day of your menstruation. We can send this medication to you via post (+ 60 Eur).

Should your cycle be controlled by different medication, you will discontinue it. The first day of your menstruation is the day when the bleeding starts in the morning and is not only spotting but bleeding of regular intensity. If you are not sure, it is better to start the next day.

d) Your first visit

The first appointment should be attended by both of you; it means the woman and the man. We will talk again about the whole procedure. Consequently, you will sign again the treatment agreement, with identity verification in accordance with your passports.

The woman will follow the gynaecological examination, including the sonographic examination aimed at the height of endometrium. According to the result, we will possibly increase the estradiol dose.

The man will follow blood sampling in order to determine sexually transmitted diseases (very strict regulations requiring repeated negativity of these tests must be met in the Czech Republic). Then the sperm will be frozen.

You will be asked to pay the rest of the deposit in the amount of 25,000 CZK minus 100 Euro you have already paid. The exact sum will be stated according to the current exchange rate for Euro and CZK.

We will precise the following procedure.

The phone contact is very important. We will check up whether the phone contact works.

e) Egg Fertilization:

Our institute guarantees:

Maximum care during the examination and preparation of the donor is provided, as well as during her stimulation treatment and egg collection.

Distribution of all eggs from one volunteer donor is guaranteed.

The minimum number is 5 high-quality eggs.

Fertilization used through the ICSI method.

The origin of at least 2 high-quality embryos.

In case the donor does not have 5 high-quality oocytes, we offer an alternative solution. We proceed in the same way also in case that at least 2 high-quality embryos are not available.

We assure your pregnancy in two following cycles, otherwise the third cycle is completely free of charge!

As soon as we know the exact date of the egg collection of your donor, we will contact you via phone. We will ask you to add progestin to your medication.

f) Embryo Transfer

The transfer itself always takes place in the early afternoon, on Saturday before the midday. Starting with the second day after the egg collection provided by the donor, we will ask you to contact us always at around 8.30 a.m. in order to inform you whether the embryo cultivation continues. In the second case, you should appear for the transfer in the afternoon.

The transfer itself is painless. Before the transfer you will be thoroughly informed about the result, i.e. how many and what embryos will be transferred and how many of them were eventually frozen for their further use.

You have to pay the rest of the total price.

You will leave our institute after 1 or 2 hours after the transfer. We recommend the woman to restrict all activities that are not necessary for the period of 3 consecutive days. The best date for leaving the Czech Republic is then after 3 or 4 days after the embryo transfer.

Micronised estradiol with gestagen has to be still used.

g) Maternity Card

A Pregnancy test should be executed after 16 or 18 days after the transfer. If the test is positive, it is still necessary to use the above mentioned hormonal support. If the test is negative, you will discontinue these medicaments. Menstrual bleeding should usually appear after the termination of hormone therapy. Should bleeding appear earlier, we recommend you to consult further procedure with us.

f) Subsequent cycles with embryo cryopreservation

In case the pregnancy did not appear and other embryos are available in their frozen state, another transfer should be arranged.

We recommend a minimal interval of 1 month.

The planning is easy. Your stay in the Czech Republic can be shorter – less than a week.

From the 1st day of the cycle, during which the transfer will be executed, we recommend using a combination of drugs for managing cycles – oestrogens and progestins. You will administer the medication with the micronized oestradiol on day 1 in dosage 3 x 2mg daily. We can sell you this medication ourselves and send it via post (+ 60 Eur) or your gynaecologist may prescribe it for you.

A condition for transfer is a uterine mucosal height of at least 7 mm. The finding may be verified by your gynaecologist. After the required endometrial height has been achieved (usually between the 12th and 14th day), we add the micronized progesterone medication in a dosage of 3 x 200 mg per day.

The transfer will follow after 2 to 5 days depending on how the embryos were frozen. Then, the procedure is the same as during the first cycle.

The transfer date may be arranged by telephone and arrival in the Czech Republic on the day of transfer is usually sufficient. It is possible and even better, to arrive in the Czech Republic around the 12th day of the cycle. Check-ups before the transfer are then performed at our clinic.

All specifics will be provided based on the actual situation.

The partner's attendance is not necessary.

Residency in the Czech Republic for 3 days after the transfer is sufficient.

The price is 12,100 CZK + possibly 3,300 CZK for assisted hatching + possibly 1,650 CZK for embryo glue.

All payments may be made in CZK or in the Euro equivalent converted using the current exchange rate.

We accept the majority of regular credit and debit cards.