

# Egg Donor *Guide*

suma  
FERTILITY · ®

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# Our story

“I WAS AN EGG DONOR  
MYSELF”



Our founder started just like you: with excitement and questions. She donated, traveled, and helped families achieve their dream. The experience was incredible, but she also saw how difficult it could be when agencies didn't communicate well or treated donors like a number.

That's how Suma Fertility was born: to make egg donation a dignified, caring, and transparent experience. We're here to guide you, protect you, and support you every step of the way

## **We want to demystify egg donation:**

In countries like the U.S., being a donor is seen as something valuable and respected. Many girls see it as an aspirational experience, almost like modeling. And we want you to experience it that way too—to feel proud of being part of something so special



# What is egg donation?

Donating eggs means giving a family who cannot have children on their own the opportunity to grow.

## In your body

Every month your body prepares several eggs, but usually only one matures and the rest are lost. With medication, we help more of those eggs mature so they can be retrieved during the procedure.

**It does not affect your future fertility:** you are not using eggs from other months; only recovering the ones your body would naturally lose in that cycle

## At the clinic

After retrieval, the eggs are fertilized in the laboratory and become embryos, which are then transferred or frozen. That is where your role as a donor ends



# Medical stages of the process

## 1. Initial blood test (AMH)

- ▶ A blood test that measures your ovarian reserve and helps us determine whether you can join the program.
- ▶ **Important:** It does not determine whether you are fertile or infertile. It is only used to plan the donation and ensure your ovarian reserve is sufficient

## 2. When a family selects you

We schedule the rest of the tests:

- ▶ Genetic screening.
- ▶ Infectious disease panel (STDs).
- ▶ Drug test.
- ▶ Complete blood count and additional medical labs.
- ▶ Psychological evaluation

## 3. Ovarian stimulation

- ▶ 9–14 days of hormone injections you administer yourself (with doctor instructions—we'll remind you of every dose).
- ▶ Check-ups every 2–3 days with ultrasound and lab tests to adjust your medication.
- ▶ At the end, you'll receive a trigger shot that schedules the retrieval about 36 hours later



## 4. Egg retrieval

- ▶ Outpatient procedure under sedation (20–30 minutes).
- ▶ You return to the hotel the same day, accompanied.

## 5. Recovery

- ▶ Period-like discomfort for 1–3 days.
- ▶ You can go about your normal routine, but avoid intense exercise, jumping, or heavy lifting.

## Risks (and why they are rare)

- ▶ Ovarian hyperstimulation syndrome (OHSS): now very uncommon thanks to modern protocols and frequent monitoring.
- ▶ Anesthesia: minimal risks for such a short procedure.
- ▶ Others: mild bruising, abdominal discomfort, or rare infection.



You are covered by a medical insurance specific to donation, with close medical follow-up and our 24/7 support.

**Additional safety:** During stimulation and for the month afterward, use protected sex. You'll be more fertile.

# Donor requirements

At **Suma Fertility**, quality comes before quantity. We are not looking for thousands of profiles, but for committed girls with something special

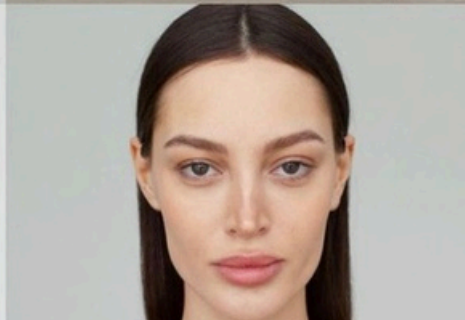
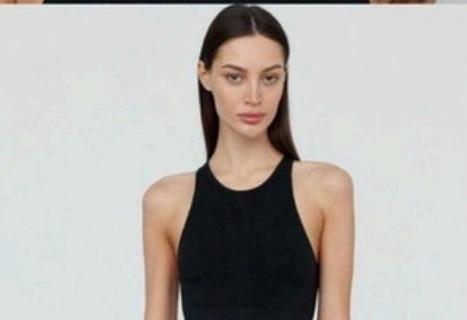
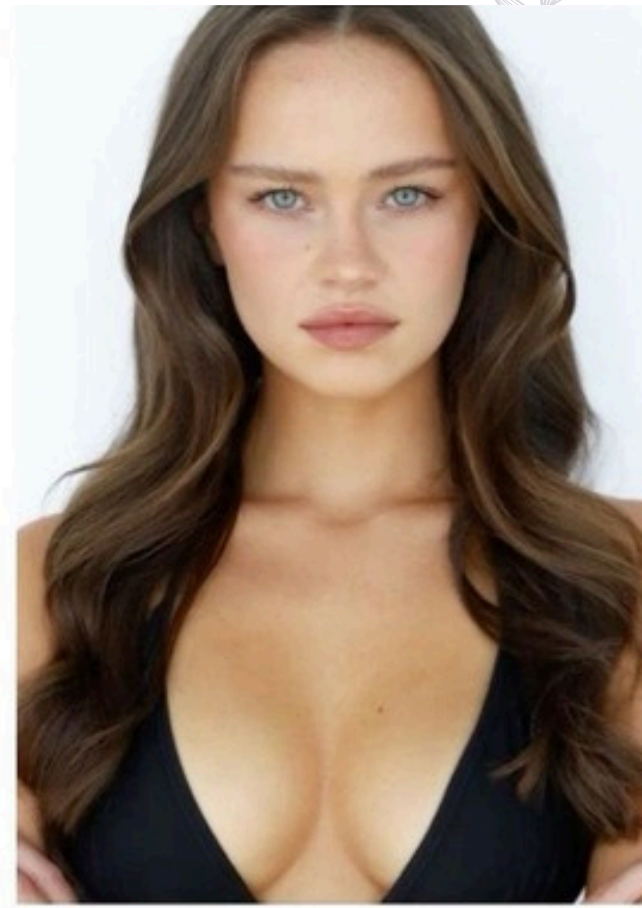
+ **Age:** 18–30 years.

+ **Height:** minimum 1.65 m. (5'5")

+ **Health and lifestyle:** healthy habits; no drugs; responsible alcohol consumption.

+ **Something that makes you stand out:** studies, languages, sports, art, entrepreneurship, personal qualities.

+ **Responsibility and communication:** the process adapts to your life, but we need you to be reliable, responsible, and highly communicative.





## Communication is one of the most important requirements to be a donor

**The entire process — from the moment you are selected until you arrive at the clinic — is based on trust: trust that you will attend your medical appointments, travel to the country, and be available when we agree. That trust is reflected in how we communicate**

**This is why it is essential that you respond quickly, honestly, and clearly.**

**It's completely fine if something unexpected comes up or if you don't know an answer; what matters is that you tell us right away. Everything can be resolved. However, lack of response or clarity breaks trust and may require us to remove you from the program.**

At **Suma Fertility**, we also believe communication goes beyond this. We have created a community of women who have donated or are still donating, and we understand what you're experiencing. Our team is here to support you, guide you, and listen to you — not only as professionals, but as women who have gone through the same journey.



# What you will receive?

## **An all-inclusive international trip:**

Flights, hotel, transportation, and daily expenses for you.

## **Travel accompanied:**

You can bring your best friend, partner, or mother. Their flight and hotel are also covered, turning the experience into a unique memory to share.

## **Specialized medical insurance:**

Covers everything related to egg donation

## **Your own independent lawyer:**

Reviews the contract with you, explains it, and can request changes if needed.

## **High and fair compensation:**

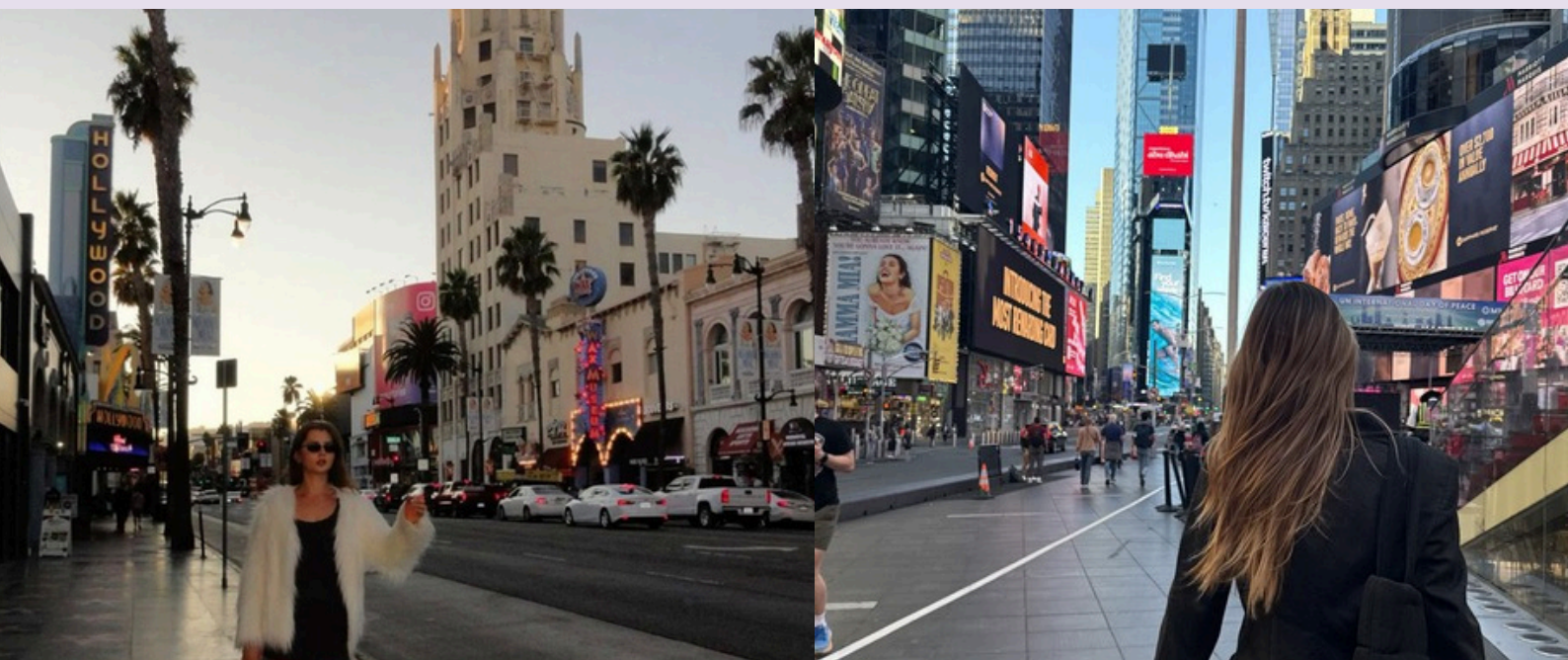
Released on the day of the retrieval. For future donations, it may increase.

## **Free time to enjoy:**

You will have time to explore the city between your medical appointments.

## **Total protection:**

Close support and direct communication with our team.



# Real benefits for you

## Fast savings

In one cycle you can earn what might take months or years to save with a normal salary.

## Personal investment:

Studies, moving, travel, your own business.

## Freedom:

Leave a job you don't like, start something new, or take a break.

## A unique experience

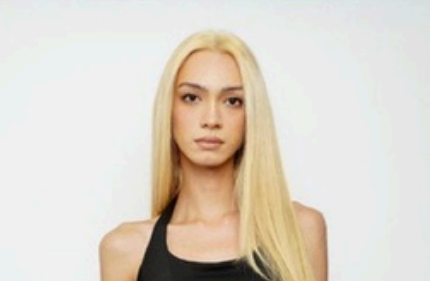
travel fully covered, live something different, grow

## The value of helping:

Beyond everything above, you help a family dreaming of having a child. Offering something so valuable, generously and consciously, is deeply rewarding. And when you do something good for someone, life always finds a way to return it to you.



# Photos (the more, the better)



# How to prepare your Profile





**Face:** natural, no filters, good lighting.



**Full body:** simple clothing, bikini, clean background



**Everyday photos:** sports, hobbies, natural moments.



**Some photos where you are more dressed up.**



**Childhood photos.**

You don't need professional photos. Your phone is enough as long as the images have good lighting and good resolution.



**If you do have professional photos, feel free to include them!**

The goal of the photos is to clearly show your appearance without embellishments (minimal makeup, no sunglasses, no exaggerated poses) and also to reflect your personality. Show yourself casually, smiling, and include your hobbies.



# Video (15–30 seconds)

Introduce yourself with your age, studies, hobbies, and motivation. Be natural and smile. (Do not say your name for privacy.)



## Fill out the Form



Answer with honesty and detail.



Explain what makes you unique.



Be clear about your availability; we adapt to you.



Your  
journey  
as a  
Donor



## STEP 1



### **Fill out the form**

It is your introduction card: the more information and photos, the better.

## STEP 2



### **Profile review**

We review your information and confirm whether you meet the requirements to join the program.

## STEP 3



### **Anti-Müllerian Hormone (AMH) test**

A blood test to check your ovarian reserve.

## STEP 4



### **Welcome + Video call**

If we officially include you in our donor database, we schedule a call to meet you, answer questions, and explain how everything will work.

## STEP 5



### **Family search (Match)**

We begin searching for a family. The time varies depending on the profile and demand.



## STEP 6

### **Confirmed Match**

Once we have a family, we move on to the preparation phase.



## STEP 7

### **Pre-testing**

You complete some medical tests in your city to make sure everything is in order.



## STEP 8

### **Medical clearance**

With medical approval, we can continue.



## STEP 9

### **Contracts (Legal clearance)**

You review and sign the donation contracts. You will have an independent lawyer just for you. Once the legal approval is finalized, we can move forward.



## STEP 10

### **Cycle calendar**

Together with the clinic, we review your availability and your cycle, and they propose the dates for your stimulation.



## STEP 11

### **Trip organization**

We book your flights, hotel, and transportation. You only have to think about your trip.



## STEP 12

### **Travel + Stimulation**

Ovarian stimulation for about 10–14 days. Medical check-ups and free time to enjoy.



## STEP 13

### **Retrieval**

A short and safe procedure. You rest and prepare to return home.



## STEP 14

### **Compensation + Return**

Compensation is released on your retrieval day. You return home with your experience and the satisfaction of having helped a family.

## Throughout the entire journey

You will always be supported. We are here for any question at every stage of the process.

# Frequently asked questions

Does it hurt?

Stimulation may cause period-like discomfort. The retrieval is quick, done under sedation, and outpatient.

Does it affect my fertility?

No. The eggs retrieved were the ones your body was going to lose that month.

Which clinic will handle my treatment?

We are not a clinic. We work with several clinics in different cities, always those that meet the highest international quality and safety standards. The specific clinic you'll attend is assigned once there is a match with a family, and at that moment we tell you all the trip details.

What if no one chooses me?

Matching depends on what families are looking for. Sometimes it's fast; other times it takes longer. Meanwhile, you can join our referral program – if you recommend friends and they donate, you receive extra compensation.



Is the baby mine?

No. You donate a cell; you do not carry or raise the child. The baby belongs to the other family. Also, epigenetics shows that environment and upbringing are as important, or even more, than genetics.

How long does the whole process take?

From match to retrieval, the first time typically takes 2-3 months because the genetic screening takes about a month. Future cycles (once there is a match and as long as your body has rested) can be coordinated in 1-2 months, depending on your availability

What if my English is not the best?

No problem. We accompany you and translate anything necessary.

Do I need a U.S. visa?

Not necessarily. It's a plus, but we also work in other countries. We guide you, but we do not process visas

Can I exercise?

During stimulation and right after the retrieval, avoid intense exercise, jumping, or heavy lifting. Walking is perfect.

# Real testimonials



**Lucía, 23 years old**

“

“ I was scared of giving myself injections, but they sent me reminders and even a review video call. The trip with my friend was the best part: between medical appointments we had time to explore the city. The only tiring part was taking so many photos to complete a good profile, but it was worth it.”

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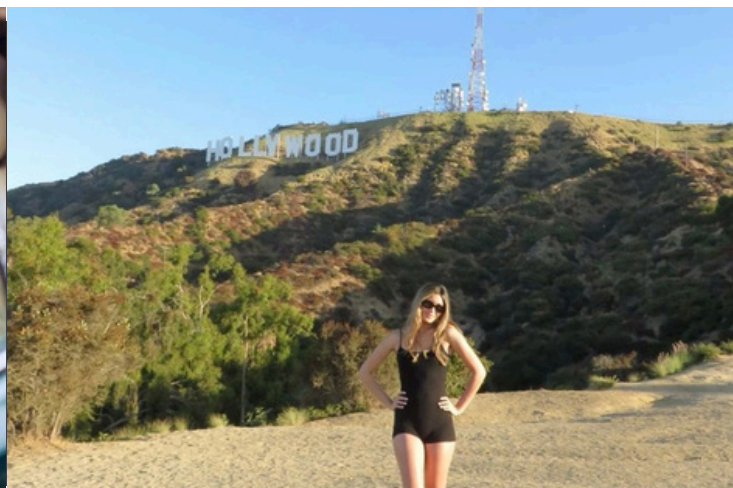


**María, 26 years old**

“

“ ” It took months for someone to choose me and I thought it wouldn't happen. They asked me for new photos and a video, and shortly after, I got a match. The retrieval was quick and I felt fine the same day. The compensation allowed me to save money I never could have saved with my regular job.”

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# Real testimonials



Sofía, 28 years old

“

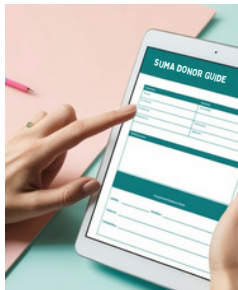
“ I had a family emergency and had to change flights. I was stressed, but they understood me, mediated with the clinic, and solved everything. With what I received, I was able to leave my job and start my personal project.”

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# Next Steps

1



Complete your form.

2



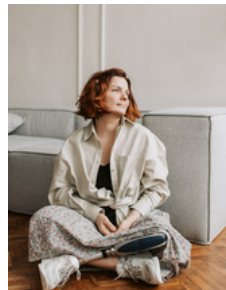
Send your photos and video.

3



Have your initial interview.

4



Wait for your profile validation.

5



Receive updates when a family is interested.



# Legal notice

This guide is for informational purposes. **Suma Fertility** is not a clinic or a law firm: we coordinate and support your process alongside accredited professionals in countries where egg donation is regulated.

We do not operate in Spain nor conduct any processes prohibited under Spanish law. Our guidance and coordination are always carried out within legal jurisdictions and under the applicable local regulations.

Your information is treated confidentially and is only shared with clinics and families involved in your process, and always with your approval.



# Contact Us



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