



## WORK BOOK

### BUILDING PRIDE FAMILIES IS WHAT WE DO!

Building a Family through Egg Donation, IVF, and Surrogacy for the LGBTQ+ Community.

#### Introduction

Creating a family as a gay couple through assisted reproduction is a journey filled with love, intention, and careful planning. This guidebook outlines the step-by-step process of having a child through egg donation, IVF, and surrogacy. While every family's path is unique, this guide offers a comprehensive overview to help you make informed decisions.



# Step 1: Initial Planning & Counseling

1	Discuss Family Goals:	Determine how many children, your timeline, and any preferences, like biological or cultural connections	HOW MANY:  BOYS: _____  GIRLS: _____	TIMELINE:  _____  _____  _____	PREFERENCES  _____  _____  _____
2	Find a Fertility Clinic:	Choose a clinic experienced in working with LGBTQ+ families and third-party reproduction.	POTENTIAL CLINICS  _____  _____  _____	PROS & CONS  _____  _____  _____	1ST CHOICE CONTACT INFO  _____  _____  _____
3	Psychological Counseling:	Recommended or required by clinics to address emotional and ethical considerations.	POTENTIAL COUNSELORS  _____  _____  _____	PROS & CONS  _____  _____  _____	TOPICS TO DISCUSS WITH A COUNSELOR  _____  _____  _____
4	Legal Expert:	Early legal guidance ensures clarity on surrogacy laws and future parental rights.	POTENTIAL LAWYERS  _____  _____  _____	PROS & CONS  _____  _____  _____	TOPICS TO DISCUSS WITH A LAWYER  _____  _____  _____

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## Step 2: Choosing an Egg Donor

1	Agency vs. Clinic Donors:	Decide whether to work with a donor agency or use your clinic's database.	POTENTIAL CLINICS/AGENCIES _____ _____ _____	PROS & CONS _____ _____ _____	1ST CHOICE CONTACT INFO _____ _____ _____
2	Anonymous vs. Known Donor:	Choose the level of anonymity and future contact options.	ANONYMITY OPTIONS ANONYMOUS <input type="checkbox"/> SEMI PRIVATE <input type="checkbox"/> PRIVATE <input type="checkbox"/>	PROS & CONS _____ _____ _____	LEGAL FACTORS FOR ANONYMITY _____ _____ _____
3	Review Donor Profiles:	Consider health history, personality traits, education, and physical/cultural traits..	POTENTIAL DONORS _____ _____ _____	PROS & CONS _____ _____ _____	1ST CHOICE CONTACT INFO _____ _____ _____
4	Medical and Genetic Screening:	Donors undergo comprehensive health and genetic testing.	POTENTIAL HEALTH ISSUES _____ _____ _____	POTENTIAL MENTAL ISSUES _____ _____ _____	TOPICS TO DISCUSS RE: MED HISTORY _____ _____ _____

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# Step 3: Choosing a Gestational Surrogate

1	Matching through an Agency:	Most intended parents use agencies that pre-screen surrogates.	POTENTIAL AGENCIES _____ _____ _____	PROS & CONS _____ _____ _____	TOPICS TO DISCUSS W/COORDINATOR _____ _____ _____
2	Surrogate Qualifications:	Must have had at least one healthy pregnancy and pass physical and psychological screenings.	POTENTIAL SURROGATES _____ _____ _____	PROS & CONS (experience, twins option?) _____ _____ _____	1ST CHOICE CONTACT INFO _____ _____ _____
3	The Matching Process:	Meet potential surrogates to ensure mutual comfort and understanding.	PREPARE A LIST OF QUESTIONS _____ _____ _____	CONTACT OPTIONS PHONE <input type="checkbox"/> TEXT <input type="checkbox"/> ZOOM <input type="checkbox"/> ANY <input type="checkbox"/>	EXPECTATIONS LIST _____ _____ _____
4	Surrogacy Plan	Having a plan makes the process smoother.	FREQUENCY OF CONTACT _____ _____ _____	OFFICE VISITS ATTENDANCE _____ _____ _____	REWARDS FOR BENCHMARK _____ _____ _____

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# Step 4: Legal Agreements

1	Contracts with Egg Donor:	Establish contractual rights, responsibilities, and confidentiality.	RIGHTS FOR BOTH PARTIES _____ _____ _____	RESPONSIBILITIES & FEES SCHEDULE _____ _____ _____	ANONYMITY AGREEMENT ANONYMOUS <input type="checkbox"/> SEMI PRIVATE <input type="checkbox"/> PRIVATE <input type="checkbox"/>
2	Contracts with Surrogate:	Outline expectations, compensation, medical decisions, and post-birth arrangements..	COMPENSATION PAYOUT SCHEDULE _____ _____ _____	MEDICAL DECISIONS INSURANCE _____ _____ _____	POST-BIRTH AGREEMENTS _____ _____ _____
3	Pre-Birth Orders	Each State varies in supportive jurisdictions, secure your legal parentage rights before birth.	LIFE STYLE EXPECTATIONS _____ _____ _____	AVAILABILITY SCHEDULES _____ _____ _____	OPTIONAL REWARDS FOR BENCHMARK _____ _____ _____
4	Legal Considerations:	Once a child is born. There are several administrative issues that need to be handled.	POST-BIRTH PARENTAGE ESTABLISHED _____ _____ _____	APPLY FOR SOCIAL SECURITY # & PASSPORT _____ _____ _____	CONFIRM CITIZENSHIP REQUIREMENTS _____ _____ _____

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# Step 5: IVF and Embryo Creation

1	Sperm Contribution:	Decide if one or both partners will contribute sperm. This is a good time to decide if you want to have additional children.	LET LAB KNOW FUTURE PLANS: _____ _____ _____	ESTIMATE TIMELINE: _____ _____ _____	FERTILIZATION OPTIONS _____ _____ _____
2	Egg Retrieval and Fertilization:	Fertilize donor eggs with chosen sperm in the lab.	VERIFY SPERM/EGG QUALITY _____ _____ _____	UNDERSTAND YOUR IVF OPTIONS _____ _____ _____	GENETIC TESTING PLAN _____ _____ _____
3	Embryo Development:	Cultivate embryos for 5-7 days to the blastocyst stage.	HOW MANY EMBRYOS TO CREATE Discuss with your doctor how many eggs to fertilize based on your goals (e.g., siblings, backups)	FREEZING & STORING Confirm how many embryos are frozen and stored, costs & duration	EMOTIONAL EXPECTATIONS Prepare for the possibility that not all embryos will make it to blastocyst
4	Genetic Testing (Optional):	Screen embryos for genetic health and sex (PGT-A).	DETERMINE WHAT IS IMPORTANT _____ _____ _____	PROS & CONS TO CONSIDER _____ _____ _____	ESTABLISH A PLAN _____ _____ _____

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# Step 6: Embryo Transfer

1	Surrogate Preparation:	Surrogates take on a great deal of responsibility, understanding these responsibilities is extremely	HORMONE TREATMENT MEDS _____ _____ _____	ESTABLISHED MONITORING _____ _____ _____	SURROGATE'S READINESS PLAN _____ _____ _____
2	SURROGATES BENCHMARKS	There are key mile-stones along the journey that are important to note and celebrate.	PASSING THE MED EXAM & SIGNING MED EXAM PASSED <input type="checkbox"/> MENTAL SCREENING <input type="checkbox"/> SIGNED AGREEMENT <input type="checkbox"/>	MEDICAL MILE-STONES SUCCESSFUL TRANSFER <input type="checkbox"/> PROOF OF PREGNANCY <input type="checkbox"/> FIRST HEARTBEAT <input type="checkbox"/>	GIFTS & DELIVERY SUCCESSFUL BIRTH <input type="checkbox"/> SURROGATE GIFT <input type="checkbox"/> CHECK LIST FOR BABY <input type="checkbox"/>
3	Transfer Day:	Consider the number of embryos to implant into the surrogate's uterus.	ESTABLISH THE NUMBER TO IMPLANT _____ _____ _____	PROS & CONS _____ _____ _____	QUESTIONS TO ASK YOUR EMBRYOLOGIST _____ _____ _____
4	Pregnancy Confirmation:	Blood tests about 10 days post-transfer confirm pregnancy.	DAY 10 CONFIRMATION Blood tests about 10 days post-transfer confirm of pregnancy.	ULTRASOUND CHECKLIST GESTATIONAL SAC (5-WEEKS) <input type="checkbox"/> YOLK SAC (5.5 - 6) <input type="checkbox"/> FIRST HEARTBEAT (6-8 WEEKS) <input type="checkbox"/>	TARGET DATES TO NOTE _____ _____ _____

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# Step 7: Pregnancy and Ongoing Support

1	Stay Involved:	Maintain open communication with the surrogate and attend important appointments if possible.	IMPORTANT KEY APPOINTMENTS _____ _____ _____	DATES OF KEY APPOINTMENTS _____ _____ _____	TOPICS TO DISCUSS AT KEY APTS. _____ _____ _____
2	Provide Emotional Support:	Consider therapy or support groups for intended parents.	POTENTIAL SUPPORT GROUPS _____ _____ _____	SET GOALS TO HAVE IN PLACE _____ _____ _____	GRAB AND GO PACKED & READY BABY NECESSITIES <input type="checkbox"/> TRAVEL SAFE ITEMS <input type="checkbox"/> BABY CLOTHS <input type="checkbox"/>
3	Partner Team Building:	Your life is about to undergo a major transformation. Your schedule, sleep and lifestyle will change.	SHARED TASKS LIST _____ _____ _____	FAMILY TIME PLANNING _____ _____ _____	EXPECTATIONS LIST _____ _____ _____
4	Birth Planning:	Collaborate with your surrogate and medical team to plan for delivery.	SURROGATE CONTACT INFO _____ _____ _____	MED COORDINATOR CONTACT INFO _____ _____ _____	EMERGENCY CONTACT INFO _____ _____ _____

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# Step 8: Birth and Legal Finalization

1	Attend the Birth:	Be present to welcome your child and bond from the start.	PREPARE QUESTIONS _____ _____ _____	LIST OF WHO YOU WANT TO CONTACT _____ _____ _____	PHOTOGRAPHY & VIDEO Device is charged <input type="checkbox"/> Hard drive space <input type="checkbox"/> Charging cables <input type="checkbox"/>
2	Legal Steps Post-Birth:	Depending on local laws, complete any required adoption or court procedures.	TO-DO LIST POST-BIRTH _____ _____ _____	LIST OF NECESSARY DOCUMENTS _____ _____ _____	QUESTIONS TO ASK RE: REGULATIONS _____ _____ _____
3	Keep Important Documents:	Have a system in-place to keep and organized all documents, make a duplicate and a digital version as well.	LIST OF DOCS TO DUPLICATE _____ _____ _____	POST-BIRTH MED APPOINTMENTS _____ _____ _____	PREPARE FOR CHILD PROOFING _____ _____ _____
4	Take Your Baby Home:	Begin your life as a new family!	CALENDAR IMPORTANT DATES _____ _____ _____	LIST BABY & ME GROUPS _____ _____ _____	CALENDAR FAMILY EVENTS _____ _____ _____

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**BUILDING PRIDE FAMILIES IS WHAT WE DO!**

**Final Thoughts**

Building your family through assisted reproduction is a remarkable experience. With the right support team—medical professionals, legal advisors, and emotional guides—you can create a safe, loving, and joyful path to parenthood. You are not alone on this journey, and the family you build will be a testament to resilience, love, and hope.

Remember Pride Eggs is always here to help. If you have question or want our opinion we want to be a resource you can count on.

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