

A letter from Olga...at AVA-Peter



I carried out my schooling in the Ukraine, followed by studying medicine at the University of St. Petersburg. I specialized in IVF in Germany in 2003/04.

At the end of 2004 I came back to St. Petersburg in order to marry my husband and take up my post at AVA-Peter. Today I am still married to the same man and mother to our two dear boys ☺ and am still 12 years on a Physician for AVA-Peter taking care of patients from all over Europe who come to us [for egg donation](#). So I now have two marriages; my husband and my occupation, and also two families: my own family and my [team](#) loyal to and proud of them both. ☺

In many countries such as Germany, as you may know, egg donation is prohibited. In Russia, as in Spain, the UK or Denmark egg donation is allowed. Cultural and political differences between countries have such a large impact on our ethics and decisions that we make!

After working for one year in Germany I still felt several years on that I was breaking the law, or that I am doing something forbidden by treating my patients with [egg donation in St. Petersburg](#). So I totally understand how it must feel to reside in a country that also makes you feel the same.

Since 2004, egg donation has helped thousands of our patients to transform themselves from helpless hopeless women into [lucky mothers and parents](#). I have spoken at length with hundreds of [oocyte donation mothers](#) and I have seen the transformation that they undertake when they give birth to their baby.

For the past 12 years at AVA-Peter and through my own ethical considerations I have been very sensitive to the feelings and psychological needs of our patients. It was clear to me that nothing feels more natural than to grow a baby and give birth - whether one's own, or donated ovum. But, I was also aware that to me nothing felt to be more surrealistic than to plant an egg of a woman into another woman - as I am sure it does to my patients.

I have asked donor egg recipients both past and present; what would help you to feel calm and comfortable? What would help you to look forward to the embryo transfer?

And then I have also had hundreds of questions from my patients:

- **Who is my donor?**
- **Why do they donate their eggs?**
- **What does the donor look like?**
- **Is she pretty / smart / educated enough?**
- **Does she like sports?**
- **May I see a photo?**
- **May I choose my egg donor myself?**

So this is when we have decided to create the [Egg Donor Database](#). It contains egg donors' photos and motivation letters, as much detail as possible about our donors' interests, character, human values,

family, education, occupation so that every woman has the opportunity to select an egg donor according to their own individual personal needs.

Our patients were so much looking forward to this Egg Donor Database!

Our [Egg Donor Database](#) contains only information about those egg donors who are [medically and psychologically examined](#). Nowadays, there are [more than 500 dedicated egg donors](#) that we are very proud of, especially as we only ever accept around 20% of potential egg donor applicants into our programmes, meaning they are the very best. The database also only ever shows donors who are ready and willing to donate. The profiles of those who are currently in stimulation, on a break, pregnant, or breastfeeding are deleted for the visitors viewing it in order to avoid conflict of interest.

Since 1996 AVA-Peter has always been very good at the selection of an egg donor for a particular patient. Some of our children born are already almost 20yrs old and the [resemblance is amazing!](#) But, still for some women they find it very difficult to trust and rely on someone else's judgment about what makes 'you' the person that you are and therefore the donor the right one for you.

One of my dear patients once told me **"They say we can choose friends but not parents, yet here I am choosing genetic heredity of my child"** her eyes were no longer sad. **"I have found a donor that could be my best friend!"** She told me, another patient confirmed to me **'We have so much in common'** - after just 1 day of surfing in the database of egg donors.

I advise all my patients who take egg donation into consideration, to look into the Database and to see if there are one, or several donors that appeal to them more than any of the others and in which the patient feels a connection externally, or internally. This type of chosen donation of such selected donor will feel like the greatest gift of your life, not as an act of desperation.

80% of our patients make a wonderful choice and it feels for me like a big load off my own mind. The other 20% are asking us to make the choice for them and notify the detailed description with photos, or a short summary – our Team is always happy to help and discuss their needs so as to be able to meet them.

But what happens if I do not get pregnant from this wonderful gift?

After several years of unsuccessful attempts and having already spent so much money we want to be able to stop these fears of more negative outcomes and further money spent and give you hope for the future and life after treatment!

This is why we have decided to offer ['Money back live birth guarantee'](#) to our patients. This promises that within 3 fresh IVF attempts with donor eggs you will take home your much awaited baby, or we will give you 70% of the money back.

This money back guarantee brings you peace of mind because you know that:

- The clinic will do everything in its powers to give you the baby of your dreams in this shared risk process; we will meet you, treat you as an individual, hold discussions on the Internet, provide you with scientific literature and support and of course guide you every step of the way so as to make your treatment a success!
- But –should after all of our efforts no baby is born, you can say that you are not a loser again in this process and can feel better again that you can plan for alternatives in the future – 'I get my money back and pay back my loan', or think about adoption, or go traveling whatever you wish.

This is the only money-back guarantee program of its kind in Europe that guarantees a baby, not just pregnancy! We know that guaranteeing live birth is much more important than guaranteeing pregnancy and also that pregnancy does not always end in live birth and that achieving pregnancy is not the main part, but keeping it is. So we take our time and great effort to prevent miscarriage using our unique treatment protocols, medical and psychological support.

A healthy baby in your arms is the main goal of our Clinic and my work!

These opportunities of using the [Egg Donor Database](#) and [the money back system](#) help to solve 50% of your worries, but everyone is very individual and there are still several other worries and concerns: what do I say to my friends, my parents and the child? Will I love the child? Will the child love me? And several more questions on top.

In this case, we tell our patients: "None of you have had any experience with egg donation! Egg donation is not something that any of us learns about in a day, makes or uses. Cooking our worries and concerns regarding egg donation in our own sauce never brings it to a logical end. You need experience from those who have children through egg donation and you need professional psychological counseling".

We offer both!

We have hundreds of satisfied happy families all around the world, founded by egg donation. Many want to remain strictly anonymous and we can understand this very well. But, there are also former Scandinavian, British, Australian and German patients, to name but a few, that would like to talk to you and are much more open about their experience.

Regarding the professional psychological counseling, we have finally found it! Since 2015, our very experienced Norwegian psychologist [Ms. Tone Braten](#) who specializes in the field of fertility has worked with us, particularly relating to sperm donation, egg donation and embryo donation. This helps our patients answer the important ethical and emotional issues themselves, to feel normal in such a surrealistic situation and to have good quality of life during treatment and after.



This psychological counseling is already included in the treatment and does not have to be paid for separately. But, if after this consultation you decide that egg donation is not for you and lend yourself to adoption, or living without children, we will provide a small bill for the consultation with Tone. This advice has the main purpose to help you to make a choice in life corresponding to your personal human values and to feel comfortable with this decision and the results of this decision within your future life.

And of course there are several logistical and organizational issues, here our personal coordinators are very happy to assist you and in most cases in your own language.

There are no questions that are too small for us.

Whatever you need and whatever your concerns we are here to help you create the baby of your dreams in the minimal of time required and with the happiest of hearts and minds!

With kind regards,

Olga Zaytseff