

# PATIENT INFORMATION SHEET:

## CROSS-BORDER REPRODUCTIVE CARE

This information sheet is designed to provide guidance for those individuals considering cross-border reproductive care (CBRC). This may not address issues specific to those seeking care in other countries (where, for example, clinical standards may be very different to those in the US and Canada). Nor does it address legal, ethical or financial issues.

### **Before you make a decision to travel abroad for reproductive care, what should you consider discussing with your doctor in your home country?**

- Is the type of treatment you are thinking about seeking medically appropriate for you? What are the chances of pregnancy and a live birth? Having this discussion may be particularly important if most of the information you have now is from the internet or word-of-mouth.
- Are there alternatives to travelling abroad for this type of treatment?
- Are there any treatments or tests that can be done before departure to enhance the success of care?
- Are there issues you should think about prior to treatment, whether you decide to seek it at home or abroad – for example, the implications of becoming pregnant with multiples?
- If your treatment would involve surrogacy or a donor procedure, how can you make the best decisions for the health of all involved, including that of any child you may have as a result of the treatment?
- Is counselling available in your area to help with your decision-making prior to seeking treatment abroad and, when you return, to address treatment results and possible future options?

### **What information would an out-of-country clinic need from your doctor in your home country?**

You should discuss with your doctor the types of information an out-of-country clinic (OCC) may need in order to provide the best possible care for you, and how this information can be provided to the clinic. Here are some of the types of information an OCC might typically need:

- Consultation letters summarizing medical and other issues relating to your situation
- Your medical history
- Pertinent laboratory and imaging reports, including infectious disease screening results
- A list of any risk factors that might affect the type of treatment considered by an OCC, such as information about any previous pregnancies that have resulted in a miscarriage, premature delivery or pregnancy complications

- Records from any relevant treatment you have received in your own country, including the dose and response to any fertility drug(s) you may have been prescribed, and information related to any IVF treatments you have undergone
- If you have a partner with whom you will be seeking treatment, any medical information relating to him/her that may be relevant
- What is your chance of pregnancy and having a healthy baby

**What information should you make sure doctors in your home country have access to about the treatment you have received abroad?**

Again, it is important to discuss this issue with your doctor at home and the physician providing treatment abroad. Here are some types of information that your family doctor and/or obstetrician may need about any treatment you receive abroad in order to ensure continuity of care:

- Details of any evaluation of your health and, if a donor egg, sperm or embryo were used, of the health of the donor(s)
- Details of the treatment you received:
  - Medication used and how you responded to it, including hormone supplements given to assist implantation
  - The number/quality of eggs retrieved from your ovaries, if applicable
  - Information indicating whether you had in vitro fertilization (IVF), donor insemination (DI), intracytoplasmic sperm injection (ICSI, a laboratory procedure in which a sperm is injected directly into an egg) and/or pre-implantation genetic diagnosis (PGD, which is used, for example, to test embryos for genetic diseases)
  - The number/quality of embryos transferred into your uterus and number cryopreserved (frozen), if appropriate
- Whether and how (e.g. by blood test and/or ultrasound) a pregnancy was confirmed