

Consultations and Health Assessments in Surrogacy

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Abstract

Introduction: Surrogacy is defined as a procedure through which the owner of the uterus carries the fetus of another woman and based on an agreement the surrogate mother will overturn the baby upon delivery to the couples who have provided the gametes. The eligibility of applicant couples seeking surrogacy treatment should be assessed in terms of their reproductive potentiality, as well as the uterus owner's, to determine their therapeutic protocol by relevant specialists. In this regard, physical and psychological health assessments of the two parties, their full recognition of suggested therapeutic procedures, along with compliance of the treatment processes with legal, cultural, social and Sharia laws should be taken into account. Recognition of the surrogates' motives can lead infertile couples to select the right candidate. Research on the subject has revealed that selection of surrogate candidates among relatives or friends minimizes problems raised by such treatment options.

Materials & Methods: The health assessment of surrogacy candidates necessitates approval of their physical health conditions by endocrinologists, health of their reproductive system by gynecologists, mental health by psychiatrists and absence of infectious diseases by relevant specialists. Furthermore, the candidates should neither be addicted to any narcotics or banned substances, nor go to work and be preferably under 35 years old and have a history of at least one healthy child. In addition, further tests for complete assessments of physical health might be needed and ruling out pregnancy risk factors and particularly psychological preparations of both parties are a must. Consultations and mental preparation of parties will enhance the success rate of the treatment. Moreover, continuous supervision and consultation during and after treatment procedures also seem to be of importance.

Conclusion: The significance of recognizing problems associated with surrogacy and medical, cultural, social and legal considerations should be born in mind. Reflection of commitments by the two parties in the agreement is an important factor for consultations to be a success. Existence of surrogacy laws will prevent imminent problems and mishaps resulting from unpredicted circumstances.

Key Words: Surrogacy, IVF, Commissioning parents, Infertile couples, Medical consultation, Psychological counseling, Legal and cultural restrictions

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