



AUSTRALIAN SURROGACY

PROCESS CHART

A complete guide to Australian Surrogacy

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V3.8

Stage 1

Pre-Surrogacy

\$100 - \$1,000

2 weeks - 3 months

Eligibility



\$100 - \$1000

2 - 8 weeks

Evidence of infertility from GP or fertility specialist

Suitability



free

1 - 2 months

Researching Australian Surrogacy to determine if the altruistic model is right for you

Australian Surrogacy Process Chart Summary

A step-by-step guide of an expected timeline and estimated cost breakdown of Australian surrogacy



Stage 2

Embryo Creation (gestational only)

\$4,000 - \$30,000

2 - 6+ months

Using own eggs



\$4,000- \$8,000 per cycle (*medicare rebate may apply)

2 - 3 months

Includes egg harvesting and IVF costs

OR

Finding an egg donor



\$ NA

3+ months

(no guarantee) May be a friend, family member, new connection made online, clinic recruited or other networks

Pre egg collection



\$1,000 - \$2,000

1- 2 months

Fertility specialist appointments including counselling

Egg collection



\$8,000 - \$12,000 per cycle (*medicare rebate may apply)

1 - 2 months

IVF and embryo freezing

OR

Purchasing eggs from overseas



\$15,000 - \$25,000

2 - 4 months

Purchased from anonymous overseas donors

+

Finding a sperm donor (if required)



\$0 - \$2,500

1 - 3+ months

Donor sperm can come from a known donor (from new or existing relationship) or a clinic recruited donor

Stage 3

Finding a surrogate

\$1,000 - \$2,500

9 - 12+ Months

Meeting a potential surrogate



\$ NA

6+ months

(no guarantee) Sharing with friends and family, joining Facebook groups, attending local catch ups, etc

Surrodating



\$1,000 - \$2,500

3 - 6 months (recommended)

Building a friendship or consolidating an existing one (a Surroship). Costs vary, particularly for interstate teams

Stage 4

Pre-Pregnancy

\$6,500 - \$19,000

5 - 12 Months

Counselling and psychological assessment



\$3,500 - \$7,000

2 - 4 months

Counselling and Psychological assessment requirements vary significantly between states

Legal advice



\$2,500 - \$5,000

2 - 4 weeks

Independent legal advice for both Intended parent/s and Surrogate

Surrogacy agreement



\$0 - \$3,000

2 - 4 weeks

May be drafted by yourselves or by a lawyer, requires legal advice prior to signing (optional in VIC)

Approval (VIC & WA Only)



FREE

2 - 6 months

Patient Review Panel (VIC) Reproductive Technology Council (WA)

Prenatal health



\$500 - \$4,000

NA

Health supplements, acupuncture, pathology appointments etc

Stage 5

Pregnancy

\$11,000 - \$50,000

9 - 12 Months

Embryo transfer (gestational only)



\$3,000 - \$6,000 per transfer

2 - 4 months

Number of transfers required vary greatly

Antenatal health



\$2,000 - \$8,000

Throughout pregnancy

Acupuncture, fitness (eg yoga/pilates), ultrasounds, pregnancy tests, private health insurance, life insurance and more

Pregnancy support



\$2,000 - \$8,000

Throughout pregnancy

Time off work for appointments/illness, extra food cravings, cleaning, childcare as needed

Wellbeing



\$2,000 - \$4,000

Throughout pregnancy

Antenatal classes, maternity wear, pregnancy pillow, counselling and more

Time off work



\$1,000 - \$15,000*

10 - 14 weeks

As a guide; 4 weeks pre birth, 6 weeks post birth. time and costs will vary significantly based on individual circumstances and may include partner wages as needed

Birth



\$1,000 - \$9,000

NA

Doula/midwife, public/private hospital bills etc

Stage 6

Post Birth

\$500 - \$8,000

3 - 6 Months

Postnatal surrogate health



\$500 - \$2,000

1 - 6 months

Pain relief, breast pumps, fitness (yoga/pilates), physio, counselling, childcare etc

Parentage order



\$0 - \$6,000

2 - 6 months

Process varies between states. Costs vary depending on legal representation

Total

24 - 36 Months (average)

\$55,000 - \$75,000 (average)

\$35,000 - \$100,000* (min/max)



For more information, see ['The Australian Surrogacy Handbook'](#) or visit surrogacyaustralia.org

Created by Tyson Culhane-Smith (VIC Parent via surrogacy). Version 3.8 (Updated Dec 2022)

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The Australian Surrogacy Process Chart

A step-by-step guide to Australian surrogacy

By Tyson Culhane-Smith (parent through surrogacy)

Foreword

This surrogacy process chart was developed to support Intended Parents (IP/s) understand the process for Australian surrogacy as well as the legal and financial implications. When my husband and I first started pursuing surrogacy we were overwhelmed by all the different laws, steps and requirements. We were very lucky to join many of our local catch ups as a part of the Australian Surrogacy Community on facebook where we met amazing people who gave us all the information about what to do and how to meet a surrogate. While we received incredibly helpful information along the way from members of the community, fertility specialists, lawyers and at conferences, we were still unsure what to do next. The big questions of 'how much will it cost?', 'how long will it take?' and 'What do I have to do next?' are always met with diverse responses that do not always reflect individual circumstances.

We were very fortunate along our journey to becoming parents, meeting both our egg donor and surrogate online in 2019 and then becoming parents in December 2021 with the birth of our beautiful daughter London. As a teacher I always wanted to know every step along the way before it happened. I wanted a clear pathway for Australian surrogacy. I created a process chart for myself with check boxes next to each step that I could tick off along the way. This is what led me to creating this process chart. My aim was to create one simple document that would clearly outline the steps, costs and timelines of Australian surrogacy for anyone to use.

I hope this document provides a clear pathway for Australian surrogacy and supports anyone navigating their own journey to parenthood. Please be aware there is a very large amount of information in this document so take your time, it can be overwhelming at first.



Background information on Australian Surrogacy

What is surrogacy?

Surrogacy is an arrangement where a woman/person (surrogate) chooses to carry and birth a baby for another person or couple. (Intended Parent/s or IP)

Is surrogacy Legal in Australia?

YES! Surrogacy in Australia is definitely legal. While you may hear otherwise from friends, family or even fertility clinics themselves, surrogacy in Australia is legal. Commercial Surrogacy is illegal in Australia. Commercial Surrogacy is a surrogate receiving a financial incentive or reward for acting as a surrogate, in addition to being compensated for surrogacy related expenses such as time off work. Altruistic Surrogacy is legal in Australia. Altruistic Surrogacy is a surrogate who does not receive a financial incentive or reward. However, they are fully compensated for all of their medical expenses and any other out of pocket expenses associated with surrogacy.

As Australian surrogacy is altruistic, it is all about relationships. Some surrogates carry for friends and family, while others establish new relationships leading to lifelong friendships or honorary extended families.

What are the different forms of surrogacy?

There are two different forms of surrogacy, traditional and gestational. Traditional surrogacy is where a surrogate uses her own eggs to conceive and carry a child for another person or couple. Gestational surrogacy is where a surrogate is implanted with an embryo created using an egg from either the intended mother or an egg donor.

Surrogacy in the Northern Territory

Until very recently there have been no laws to allow surrogacy within the Northern Territory. Thanks to a very committed group of people, these laws are now being introduced but this is very new. Any IP/s living in the Northern Territory are advised to seek legal advice before proceeding with surrogacy.

Who can be a surrogate?

The laws in each state and territory differ slightly in regards to surrogacy. The law applies to whichever state the Intended Parent/s currently live. If a surrogate is living in a different state or territory to the IP/s, the laws from the IP/s home state/territory must be followed. The laws around who can be a surrogate are:

- A surrogate must be 25 or over (18 in ACT)
- The maximum age varies greatly but it generally depends on the surrogate's health. see a fertility specialist or GP for more advice on this
- In Victoria and Western Australia a surrogate must have had a child of their own prior to being a surrogate. While it is generally recommended to have 'finished' their family prior to being a surrogate, some surrogates have gone on to have more children of their own after being a surrogate
- A surrogate may be single or have a partner
- Must be medically cleared to be a surrogate by either a GP and/or fertility specialist

Stage 1 - Pre-Surrogacy



Eligibility

\$100 - \$1,000
2 - 8 weeks



Suitability

Free
1 - 2 months

Eligibility

Intended Parent/s in Australia must not be able to conceive on their own in order to be eligible for surrogacy in Australia. For single women, heterosexual couples and lesbian couples, this means the woman/women must not be able to carry or conceive a baby. For single men or gay male couples, you are considered 'Socially Infertile'. All Intended Parent/s are required to have a letter from their GP or fertility specialist outlining their eligibility for surrogacy.

Trans, non-binary or intersex Intended Parent/s may need individual advice from their GP or lawyer to determine their eligibility for surrogacy.

Suitability

There are many paths to parenthood, and only you will know which path is best for you. Spend some time learning about different surrogacy options and reflect on what resonates as the best option for you. Australian surrogacy requires intended parents to manage the process themselves as well as supporting the emotional and physical health of their surrogate and their family. Some people decide surrogacy in Australia is best suited to them, some decide overseas is a better option and others pursue avenues such as fostering or adoption. Do not rush this decision! The best starting point for this is the Australian Surrogacy Podcast by Sarah Jefford. Here you will hear an array of stories about first hand experiences with surrogacy.

[The Surrogacy Podcast](#) | [Sarah Jefford](#)

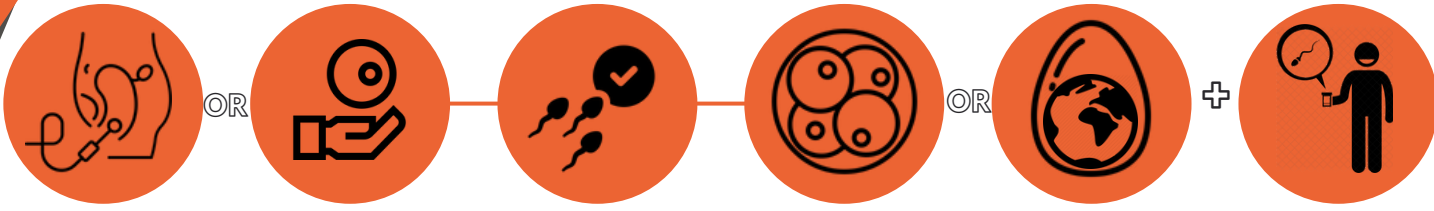


London with her best friend Arlo

Common Acronyms/terms

GS	Gestational surrogate / surrogacy
TS	Traditional surrogate / surrogacy
IP	Intended parent
IM	Intended mother
IF	Intended father
PTS	Parents through surrogacy
P	Parent, normally previously an IP
Surrobub	Baby born through surrogacy
Dibling	Donor sibling (biologically connected through donated eggs or sperm)
IVF	In vitro fertilisation
ICSI	Intracytoplasmic sperm injection (an alternative to IVF)

Stage 2 - Embryo Creation



Australian Egg Donor

Using own eggs	Finding an egg donor	Pre egg collection	Egg collection	Purchase eggs from overseas	Finding a sperm donor
\$4,000 - \$8,000 per cycle <i>*Medicare rebate may apply</i>	\$NA	\$1,000 - \$2,000	\$8000 - \$12,000 per cycle	\$15,000 - \$25,000	\$0 - \$2,500
2 - 3 months	3+ Months <i>*No Guarantee</i>	1 - 2 months	1 - 2 months	1 - 3+ months	1 - 3+ months

While this is listed as Stage 2, this can be completed after finding a surrogate. It is generally recommended to have at least 2 (3 - 10 is ideal) embryos before starting the surrogacy journey to take into account the possibility of failed embryo transfers. This stage is only relevant for IP/s pursuing gestational surrogacy. IP/s looking into traditional surrogacy are not required to complete this stage.

Using own Eggs

For heterosexual couples, single female IP or lesbian couples, there is the option for using your own eggs. Usually those who are going down this path have already been down the road of fertility treatments prior to looking into surrogacy, so your fertility specialist will be the best person to talk to about creating embryos using your own eggs. Some have already created their own embryos prior to looking into surrogacy.

Australian Egg Donor

Many IP/s who are unable to use their own eggs or do not have eggs, choose to look into using an Australian Egg Donor. Similar to surrogacy, egg donation in Australia is altruistic. This means that the egg donor does not receive any financial incentive or reward for donating their eggs, but is entitled to be fully compensated for all of their medical expenses, including time off work, travel, etc.

Finding an egg donor

IP/s can use a known egg donor if they have a friend or family member who is happy to donate or they may choose to search for an unknown egg donor. Also similar to surrogacy, it is all about relationships, so invest the time to build those strong foundations. There are facebook pages, such as [Egg Donation Australia](#), to support those who are seeking a donor.

Pre egg collection

In working with your fertility clinic you will be required to complete fertility tests and counselling. Counselling for egg donation is not as lengthy as for surrogacy but typically has 1-2 sessions for the IP/s, 1-2 sessions for the egg donor and their partner (if any) and 1-2 group sessions. There will also be appointments with the fertility specialist to discuss the medication and egg collection plan.

Egg collection

Egg collections are charged per cycle and there is no guarantee how many eggs you will get in a cycle and how many will make it to the viable embryo stage. Multiple cycles may be required and should be discussed with your egg donor prior. Please note that the egg collection can be a very difficult day for the egg donor, not only because of the medications and the procedure itself, but also the pressure of how many eggs they may produce.

Be sure to plan ahead for whatever support may be required and avoid undue pressure on your egg donor. If viable, embryos are typically frozen on day 5 or 6 after the date of the egg collection. Although the embryo creation process can be emotionally challenging for IP/s, it is important to support your egg donor throughout the entire process. Be aware that not all eggs will be fertilised and not all embryos will develop sufficiently to be frozen.

Purchasing eggs from overseas

Many fertility clinics and private organisations will be able to provide IP/s with eggs purchased from overseas. As this is a commercial arrangement it is typically a set cost for a certain number of eggs. Be aware that these prices are for the number of eggs, not embryos and that not all eggs make it to the embryo stage. Be sure to speak with the clinic about how many eggs you may need to purchase. Always be aware where your eggs are coming from, what screening process the egg donors have gone through and what the identify release protocols are

Finding a sperm donor

Depending on your individual circumstances you may also need a sperm donor. Sperm donors can be friends or family, previously unknown donors you meet or a clinic recruited donor.



London with some of her Diblings

Stage 3 - Finding a surrogate



Meeting a potential surrogate

\$NA

6+ months



Surrodating

\$1,000 - \$2,500

3 - 6 months

The number one question for IP/s in Australian surrogacy is, 'How do I find a surrogate?' A major struggle for IP/s is the unknown whether you will ever find a surrogate. While it is true that there are far more Intended Parents than there are surrogates, it does happen for many people across Australia. The Australian Surrogacy Community (ASC) facebook group (see resources page for links) is a great place to start. The common mantra within this community is 'it's a marathon not a sprint'. While there is no guarantee in finding a surrogate, if you take your time, invest, engage and provide support within the surrogacy community and put yourselves out there, you may be fortunate enough to meet someone who will help you become parents.

The number one rule when looking for a surrogate is do **not ask someone to be your surrogate**. While this rule is specifically for the ASC facebook page, it is unofficially the general rule for altruistic surrogacy, even for existing relationships. You may discuss with someone that you are seeking a surrogate, but never ask. This is a lot of pressure to put on someone. Even if you met someone who has expressed an interest in being a surrogate, you still do not ask. If someone is considering being your surrogate, they will ask you. It is recommended they offer to 'surrodade first', even for existing relationships (see stage 3 - surrodating for more info)

Meeting a potential surrogate

The majority of surrogacy teams within Australia are through existing relationships such as family and friends. While you should not directly ask someone to be your surrogate, putting the word out that you are on a surrogacy journey may spark some conversations or even prompt someone to put their hand up. This is often referred to as a 'family update'. For those seeking to meet a potential surrogate, it can seem daunting, but the community is incredibly welcoming and supportive, so take that leap of faith. Join the Australian Surrogacy Community facebook group, and its associated local catch up pages (see the resources page for links). After you have spent some time navigating the pages and learning more about surrogacy, do your introduction post so you are visible. Attend your local catch ups, these are the most valuable and rewarding experiences within the community. You will meet others at a similar stage as you, meet people who have been through a surrogacy journey and make new relationships. There is no set time frame for this stage or guarantee.

Tips for using the Australian Surrogacy Community facebook page

- I highly recommend not doing your introduction post straight away. Spend some time reading through posts, listening to the podcast and learning about the journey of others first.
- When doing your introduction post (I recommend 4 weeks after joining), we want to learn about you, your interests, quirks and passions so we can connect with you on a personal level, so make it about you.
- 'Being active' does not mean just posting constantly, it is engaging with others, taking an interest in the community and supporting others. This doesn't just mean engaging with posts by surrogates in hope of being 'picked', embrace the whole community, they are not your rivals!
- If you are unsure about something, check the resources available prior to posting a question to the group. Do a search within the facebook page, check the 'featured' or 'files' tab and check this document. Don't be the 472nd person to post the same question that has already been answered multiple times, in multiple places or simply request others to do the research you can do yourself with the available resources. Do not let this discourage you from posting genuine questions that may not just help you, but others in a similar situation.
- No one is more deserving of finding a surrogate than anyone else. It does not matter how long you have been searching, your marital status, your sexuality, if you already have another child or children, how traumatic your fertility journey has been or how time sensitive your position is, you do not get to decide who is more deserving of finding a surrogate. A potential surrogate decides to carry for someone else because they have connected with them, because they want to help and because they care. Anna McKie says, "everyone is entitled to be a parent, no one is entitled to a surrogate".



Surrodating

While surrodating is not a mandatory step in Australian surrogacy, it is generally agreed as best practice to ensure a strong relationship is established and all aspects of surrogacy are discussed in detail with teams planning on going through surrogacy together.

New relationship:

If you have been fortunate enough to have met a potential surrogate, amazing. The general process is that you start chatting with this person, you might meet up for coffee and get to know each other or maybe you just chat online. The surrogate may then offer to surrodate you. This means they are wanting to get to know you more, with the intention of being your surrogate, but they have not formally offered yet. It is recommended to surrodate for 3-6 months. This time is to build a solid foundation for your relationship and to discuss the nuts and bolts of surrogacy.

Existing relationship:

Even if your relationship with a potential surrogate is existing and they are family or you have been friends for years, it is still highly recommended that you surrodate. While you may already have an amazing and close relationship, you have never been through surrogacy together. Unlike with new relationships, this isn't for getting to know each other, but rather to go through the process together, discuss the important questions and ensure everyone is on the same page regarding surrogacy.

What to discuss during surrodating:

The more open and honest you are in the discussion the better. Do not just agree or say things you think the surrogate wants to hear, take the time to discuss particularly the challenging topics, do not just brush over them. If you have differing opinions on something, discuss it and then take some time to reflect before discussing it again. If you cannot agree on something big, it is better to discuss it now than for it to become a major issue down the line. The topics you should cover throughout your surrodating stage can be found in the resources page under 'The Surrogacy Questions'. The discussion of expenses and how these are to be paid is very important here and will help set you up for the later stages. How will costs be paid? Will the IP/s provide a purchase card for surrogacy expenses? How much does the surrogate make? (important for time off work reimbursements) Will we take out any private health insurance? Make sure these details are recorded clearly and agreed by all parties.

Moving forward

If you have invested your time in building your relationship, discussed all surrogacy related topics, established each other's views and things are going well, the surrogate may formally offer to carry for you. This may be done as a grand gesture or a simple comment, either way it will be filled with joy and you will have the confidence to know that you will be able to face any obstacle together.

If either party notices red flags or there are some topics you simply cannot agree on, then maybe you need to take a step back or seek some counselling. This can be an incredibly challenging thing to do, and there is no easy way to do it. Please be sure to be respectful and caring during this time.



*Beth offering to be our surrogate after 6 months surrodating
Beth (Left), Tyson (Middle) and Daniel (Right)*

Stage 4 - Pre Pregnancy



Counselling and psychological assessment

\$3,500 - \$7,000
2 - 4 months



Legal advice

\$2,500 - \$5,000
2 - 4 weeks



Surrogacy agreement

\$0 - \$3,000
2 - 4 weeks



Approval
(VIC & WA only)

Free
2 - 6 months



Prenatal health

\$500 - \$4,000
NA

This stage is all the pre-work prior to actually falling pregnant. Some of these items can be done simultaneously so the timelines do not always add up as they appear. Your fertility clinic may be able to provide a list of suggested lawyers, counsellors or psychologists or you may find recommendations on the surrogacy facebook pages.

Counselling and Psychological Assessment

Both the IP/s and surrogate are required to go through counselling and a psychological assessment, these are typically done separately. The psychological assessment is completed by a private psychologist. The counselling is often completed with your fertility clinic or with a private counsellor, ideally with experience in surrogacy.

How much counselling do we need?

Mandatory counselling requirements vary significantly between different states and territories. Typically there are several sessions, some with just the surrogate, some with just intended parent/s and some group sessions.

What is covered in counselling?

These sessions can cover a variety of subjects such as:

- Ensuring a shared understanding of the surrogacy process
- Possible implications for surrogate's family
- The possibility of medical complications for the surrogate and the baby/babies
- Attitudes towards the conduct of all parties before, during and after pregnancy
- The possibility of any party deciding not to proceed
- Attitudes towards genetic testing, pregnancy complications and termination
- Care arrangements in the case of a death or separation
- Ways of telling child/ren about surrogacy
- Attitudes towards an ongoing relationship post birth

Legal Advice

Independent legal advice is required for both the IP/s and the surrogate. The same lawyer cannot represent both the IP/s and surrogate. Highly recommended to be completed by a lawyer who has experience with surrogacy law in Australia.

Surrogacy Agreement

Optional in the ACT. In Victoria the Patient Review Panel approval acts as the agreement. In all other states and territories, a surrogacy agreement is required. This may be drafted by yourselves or you may engage a lawyer to do this. Legal advice is required prior to signing. Note that these agreements are not legal contracts, rather just an agreement between all parties about all things related to surrogacy. Typically these agreements include aspects of what costs will be covered and how the surrogacy process will proceed.

Approval on next page

Prenatal Health

While preparing for embryo transfers there are a number of medications your fertility specialist might prescribe or recommend to support the surrogate's health and/or to improve the likelihood of falling pregnant. There are also several pathology tests, yes more of them, they never end! On top of this you might also consider additional treatments such as acupuncture.



From first chatting online, to surrodating, to transfer, pregnancy and then to birth was an amazing 30 month journey

Approval (VIC & WA only)

VIC - Patient Review Panel (PRP).

What is PRP?

The Patient Review Panel is an independent body established under the Assisted Reproductive Technologies (ART) Act to consider different types of applications involving ART, including applications for approval of a surrogacy arrangement. They usually meet once a month and can have long waitlists. Some people have had negative experiences with PRP asking very in depth and personal questions or even judgmental remarks. If you have spent the time going through the surrogacy questions (See Stage 3 - surrodating) as a team before getting to this stage, you are more likely to have a positive experience.

What do I need to make an application to PRP?

In order to make an application to PRP you will need:

- A signed application form see [Applications to the Patient Review Panel \(health.vic.gov.au\)](https://www.health.vic.gov.au/applications-to-the-patient-review-panel)
- A report from a counsellor and psychologist (see stage 4 - counselling and psychological assessment)
- Proof of a surrogate's age (eg driver's license or birth certificate)
- Proof that a surrogate mother has given birth to a live child (eg birth certificate)
- Letter from a doctor confirming commissioning parent/s cannot become pregnant (see stage 1 - eligibility)
- Report of legal advice provided to both commissioning parent/s and surrogate (see stage 4 - legal advice)

Note: PRP may request additional documentation that may be relevant to your specific circumstances.

WA - Reproductive Technology Council (RTC).

What is RTC?

The Reproductive Technology Council (RTC) has a central role in the regulation of assisted reproductive technology and related research in Western Australia. The Human Reproductive Technology (HRT) Act regulates all assisted reproductive technology practices in Western Australia. The approval process is completed through your fertility clinic. Please note that only approved fertility clinics are permitted in this process, be sure to check the RTC website for details on approved clinics.

<https://www.rtc.org.au/surrogacy-in-wa/>

What do I need to make an application to RTC?

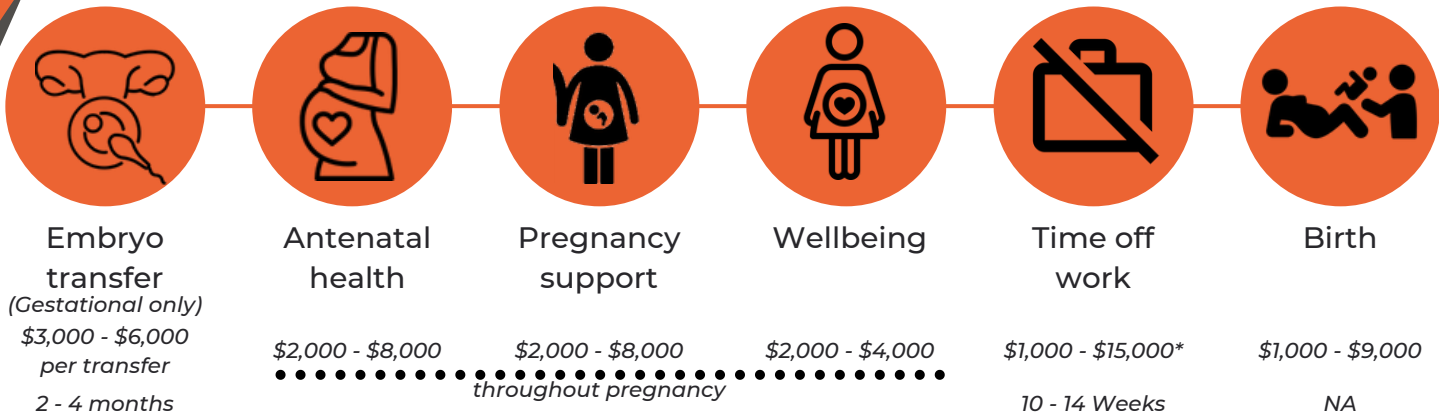
The clinical surrogacy coordinators will assist the parties involved in a surrogacy arrangement to undergo the required comprehensive assessment and approval process. This includes but is not limited to:

- A signed application form see <https://www.rtc.org.au/information-for-clinics/>
- A written and signed surrogacy agreement which provides consent between all parties (see stage 4 - surrogacy agreement)
- A report from a counsellor and psychologist (see stage 4 - surrogacy agreement)
- Proof of a surrogate's age (eg driver's license or birth certificate)
- Letter from a doctor confirming commissioning parent/s cannot become pregnant (see stage 1 - eligibility)
- Report of legal advice provided to both commissioning (intended) parent/s and surrogate (see stage 4 - legal advice)

Final approval for a surrogacy arrangement is decided by the Reproductive Technology Council.



Stage 5 - Pregnancy



Before entering this stage all parties should have already had the discussion on expenses and have made arrangements for how a surrogate will be compensated for any necessary purchases, such as providing the surrogate with a debit card. The listed items in this stage are just examples, there may be more items you may choose as a team that are not listed below.

Embryo Transfer

Discuss with your fertility specialist how you wish to cycle your transfer, will it be a natural cycle or medicated? Be aware that not all transfers work the first time and you may have multiple transfers before falling pregnant. The waiting game between transfer and pregnancy test is incredibly difficult for everyone and the surrogate will already feel immense pressure to fall pregnant, even when the pressure is not intentional, so be sure to work out together as a team how and when you will do the pregnancy tests and what communication suits everyone at this time.

Antenatal Health

The list of antenatal health is endless, so work out what suits your team. Examples:

- Ultrasounds, not just through the fertility clinic, will you choose to have additional ones?
- Acupuncture
- Fitness such as yoga or pilates, possibly pay for a gym membership
- Private health insurance, you may cover costs or increase existing extras cover
- Life insurance for the surrogate, recommend increasing life insurance through their super

Pregnancy Support

How you support your surrogate during pregnancy will vary greatly from other teams depending on individual needs and how close you live to each other. Sometimes you may cover costs for cleaning in the later stages of pregnancy or you may go over and clean the house for them. Discuss what works for your team and how you can support each other. Examples of supports are:

- Time off work for appointments (including petrol and parking if you do not drive in together)
- Sick days, a surrogate should not be using their sick leave during a surrogacy pregnancy
- Food, such as cravings items or ready made dinners
- Cleaning and gardening
- Childcare, for appointments or some rest time, IP/s may offer to do this themselves

Wellbeing

Wellbeing is incredibly important, pregnancy is difficult enough as it is, so be sure to provide extra support when needed, such as:

- Extra counselling, through the clinic or with a private counsellor
- Antenatal classes
- massages
- Maternity wear, for all stages of the pregnancy
- Maternity pillow

Time off work

This time off work should not be sick leave, personal leave or long service leave by the surrogate, instead all leave amounts should be entirely covered by the IP/s. It is recommended to have at least 4 weeks pre birth and 6 weeks post birth, more depending on medical advice. This will also vary greatly as the due date for the baby is rarely the day they are born. If the surrogate has a partner that is also taking some time off work for care following the birth, this should also be covered. Be sure to include some contingency within this in case there are any complications or additional recovery time required. Make sure you have discussed arrangements that include caesarean and care arrangements for any other children during the hospital stay.

Birth

You will need to decide as a team if you will be using a private or public hospital, or if you will be home-birthing and if you will be using a doula or private midwife. Costs for each vary greatly.



Stage 6 - Post Birth



**Postnatal
surrogate health**
\$500 - \$2,000
1 - 6 months



**Parentage
order**
\$0 - \$6,000
2 - 6 months

Postnatal Surrogate Health

While this stage can be incredibly joyous, it can also be very challenging for a surrogate. Be sure to support the physical and emotional wellbeing of your surrogate during this time. Time with surrobub, time to heal and time with their family is incredibly important for a surrogate. Other supports may include:

- Counselling, through the clinic or with private counsellor
- Pain relief and other medications, recommend having a pack of everything ready beforehand
- Fitness such as yoga or pilates
- Physiotherapy
- Additional childcare
- Care packages
- Massage
- Groceries and/or ready meals

For IP/s, bringing a newborn home will be a joyous occasion, but it can also be challenging dealing with sleep deprivation, etc. Although surrobub will understandably be the IP/s' first priority, it is incredibly important to keep supporting your surrogate during this time. Keep in close contact and be available to support the surrogate and her family.

Parentage Order

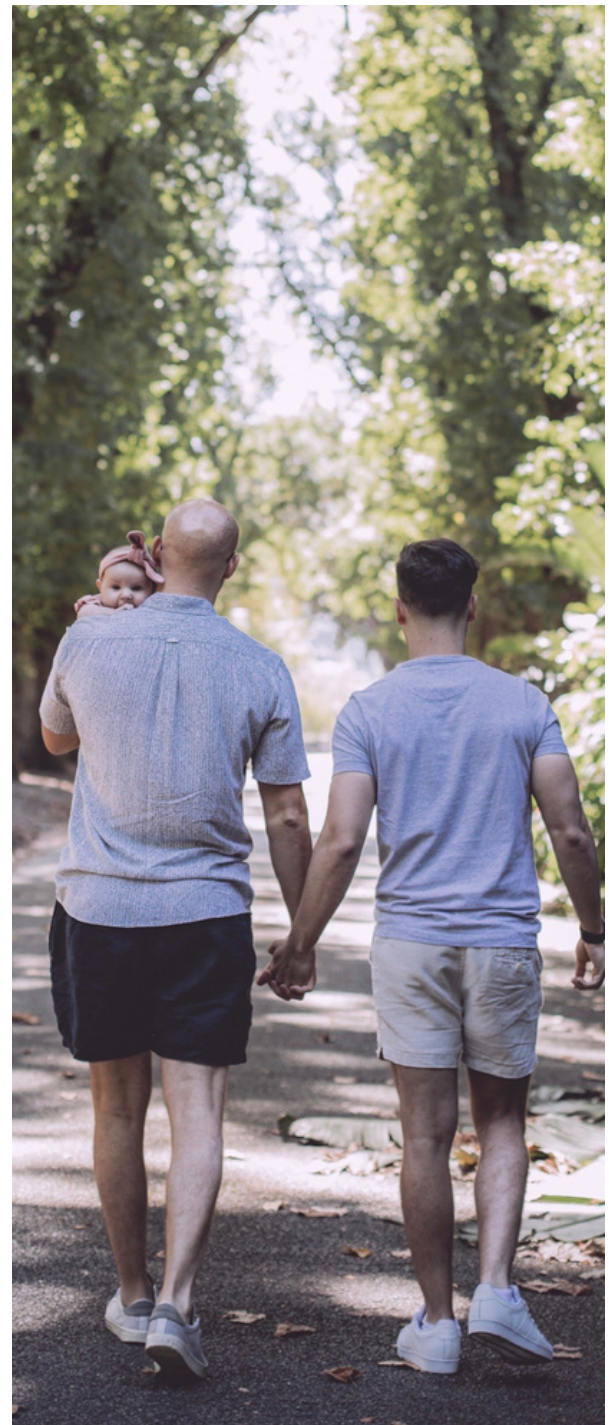
When the baby is born the birth certificate is issued with the surrogate's name listed as the mother and the surrogate's partner is listed as the other parent. If the surrogate is single then no other parent is to be listed, avoid the temptation to include your name in this situation as it can negatively affect the parentage order process.

While this may seem odd, it is only temporary. following the birth you can request through family court for a parentage order that will result in a new birth certificate being issued with the parent/s name listed and the surrogate's name removed.

The process for a parentage order varies slightly between each state and territory. Be sure to discuss the parentage order process during your legal advice (see Stage 4 - legal advice). You may choose to submit the application yourself or have a lawyer do it for you, at a fee. I recommend having a lawyer do it for you for peace of mind, especially considering at this time you will be caring for bubs.

Ongoing relationship

The ongoing relationship you have with your surrogate post birth will be individual to your team. Hopefully by investing the time into your relationship prior to the pregnancy you will continue to have a strong bond post birth.



Resources

Australian Surrogacy Process Chart - By Tyson Culhane-Smith

The basics of surrogacy in Australia by Sarah Jefford and Anna McKie - [Youtube video](#)
[The surrogacy Podcast](#) by Sarah Jefford
[The surrogacy handbook](#) by Sarah Jefford
[More than just a baby](#) by Sarah Jefford - a book for intended parents and surrogates
[Labour of love](#) - by Shannon Garner - a memoir of Shannon's experience as a surrogate
Surrogacy Australia website <https://www.surrogacyaustralia.org/>
Interview with a surrogate - [Youtube Video](#)
[The surrogacy Questions](#) - by Mabelle Daley

Facebook group links

[Australian Surrogacy Community](#)
[Queensland](#)
[North Queensland](#)
[New South Wales \(Sydney\)](#)
[Victoria Surrogacy Group](#)
[South Australia](#)
[Western Australia](#)
[Tasmania](#)
[Australian Capital Territory \(Canberra\)](#)

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Sam Croucher	Proofreading



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