IVF ABROAD PATIENT'S GUIDE

IVF PORTUGAL GUIDE

Treatment options, laws,
egg donation and costs in Portugal

IVFMEDIA FERTILITYROAD Fertility Clinics Abroad EDF EggDonation Friends.com

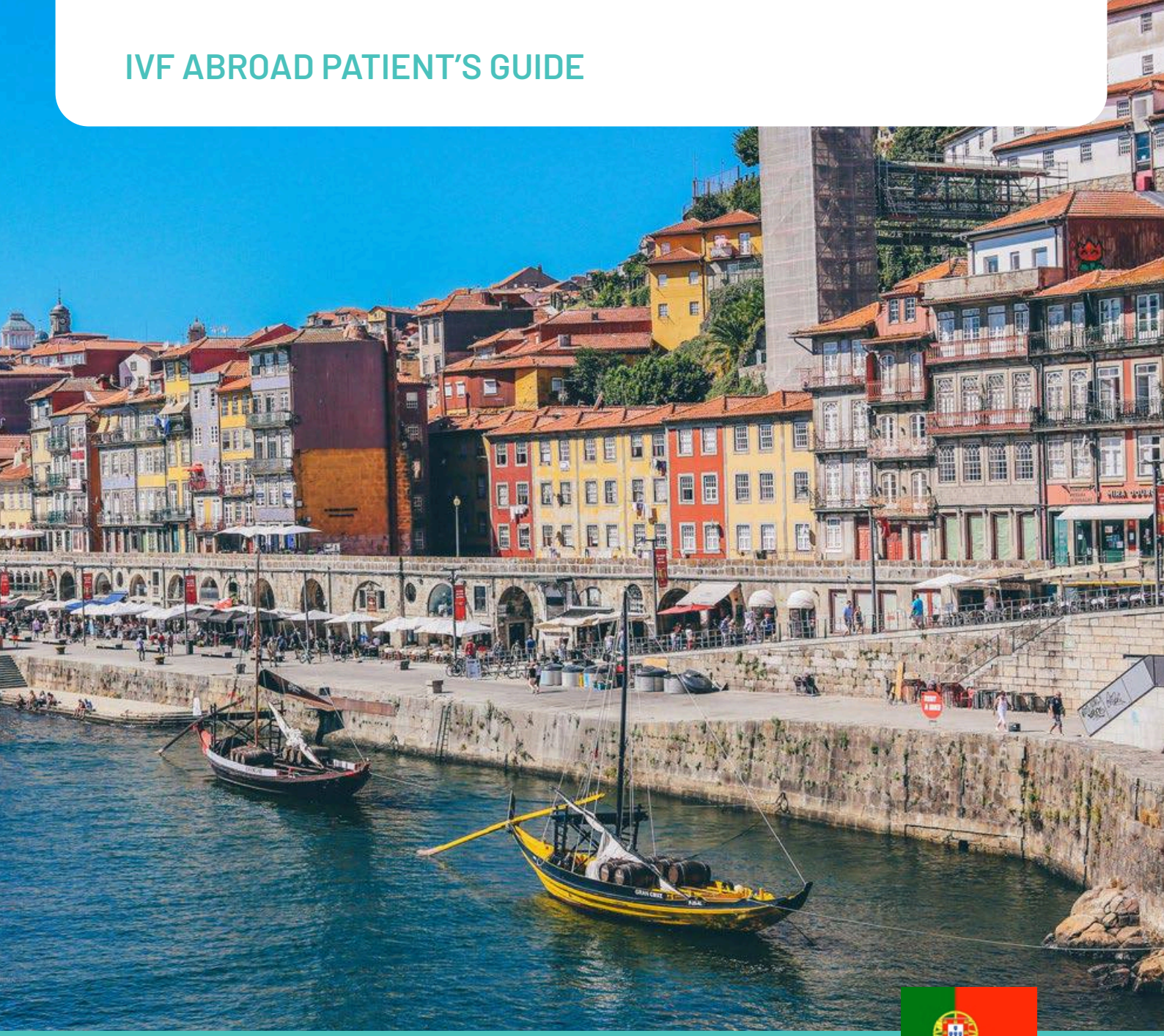
RELIABILITY OF INFORMATION

When working on this Guide, we have made every effort to ensure that the information provided is proven and reliable. Unfortunately, in some countries the law on reproductive medicine is structured in such a way that sometimes there are limited possibilities to determine specific parameters for IVF treatment. Clinics then take advantage of ambiguities in the statutory regulations and offer patients a more liberal approach to treatment.

IVF TREATMENT COSTS

We present costs as a value range price and not as the average. When analysing clinic offers and the differences resulting from the costs of individual medical procedures and the way the offer is presented (e.g. a one–time fee package), it is very difficult to determine the average cost for a given country. Therefore, we decided to present the data on costs as a minimum/maximum expected cost range in any given country however cheaper and more expensive options are still possible to find.

Please note: Presented costs include the basic elements of IVF programmes.
However, there are always additional expenses that should be factored in such as qualification processes, medications, extra medical procedures, as well as flights and accommodation.



IVF TREATMENT IN PORTUGAL

PORTUGAL AS AN IVF DESTINATION

Portugal is one of the most culturally diverse countries in Europe; it has a rich history of welcoming people from all over the world which has enabled it to be considered, truly multicultural. Seven international airports offer good access treatment providers who are mainly located in the areas of Lisbon, Porto and Coimbra.

Health care in Portugal is considered to be of a high standard and this is certainly the case with IVF treatments. Portuguese law surrounding the use of assisted reproduction treatments is one of the most liberal in Europe offering same sex (female) and single women access to treatments if under the age of 50 as well as unmarried heterosexual couples. Since 2018 individuals who donate gametes are considered as 'non-anonymous', meaning that their personal data can be shared with any child born as a result of their donation.

There is a good availability of egg and sperm donors from diverse ethnic and cultural backgrounds in Portugal and donor treatment is not subject to lengthy waiting times as it might be in other countries. Transparent legislation, high success rates, donor availability and cost are contributing to make Portugal a favourable destination for the fertility tourist.

REASONS TO GO TO PORTUGAL FOR IVF

One of the most liberal and transparent IVF legislation in Europe

Non anonymous egg donors and sperm donors

Very good availability of egg and sperm donors of various ethnicity

Doctors with impressive work experience

The possibility to combine one's own fertility treatment with holidays in popular cities

IVF TREATMENT OPTIONS IN PORTUGAL

General availability of an IVF treatment in Portugal

Maximum partner's age (female)	**50**
Maximum partner's age (male)	**no limit**
Heterosexual couples	**yes**
Single women	**yes**
Female couples	**yes** ROPA method available (Reception of Oocytes from Partner)
Male couples	**no**
Gender selection	**only to prevent the transmission of serious genetic disease** not allowed for "family balancing" reasons
HIV positive patients	**depending on the clinic** ask clinics directly / allowed in many clinics
HCV/HBV positive patients	**depending on the clinic** ask clinics directly / allowed in many clinics
Maximum number of embryos to transfer IVF with own eggs	**2** if woman is below 35 the recommended number of embryos to be transferred is 1
Maximum number of embryos to transfer IVF with donor eggs	**2** the recommended number of embryos to be transferred is 1

EGG DONATION IN PORTUGAL

Egg donation in Portugal - general information

Egg donor age - legal limit	**18-35**
Egg donor anonymity	**non-anonymous** (anonymity for recipients but not for children)
Egg donor availability	**Hispanic, African / Black, Arab** depending on the region, other donors may be available at clinics - ask clinics for details
Maximum number of donations by an egg donor	**4**
Maximum number of children born from the same egg donor	**no**
Information about egg donors shared with recipient	**no information is shared with the recipient**
Can the recipient couple know the donor identity in some conditions?	**no** (except following court decision)
Can a born child know the donor identity in some conditions?	**yes**
Is there a mixed system with anonymous and non-anonymous donation?	**no**

SPERM AND EMBRYO DONATION IN PORTUGAL

Sperm donation in Portugal - general information

Sperm donor age - legal limit	**18-45**
Sperm donor anonymity	**non-anonymous** (anonymity for recipients but not for children)
Sperm donor availability	**all donor races are available**
Maximum number of donations by a sperm donor	**no**
Maximum number of children born from the same sperm donor	**children in 8 families**
Can the recipient couple know the donor identity in some conditions?	**no** (except following court decision)

Embryo donation in Portugal - general information

Embryos anonymity	**non-anonymous** (anonymity for recipients but not for children)
Can the recipient couple know the donor identity in some conditions?	**no** (except following court decision)
Can a born child know the donor identity in some conditions?	**yes**
Is there a mixed system with anonymous and non-anonymous donation?	**no**

BASIC IVF TREATMENT PACKAGES COST IN PORTUGAL

IVF treatment costs examples in Portugal*

IVF with own eggs	€4,000 - €4,600
IVF with donor eggs	€6,500 - €7,500
Embryo donation	€2,000 - €2,400
Egg freezing (oocytes cryopreservation)	€2,700 - €3,000

*** THE AVERAGE RANGE OF COSTS CALCULATED FOR BASIC TREATMENT PACKAGES/SERVICES:**

IVF own eggs: preparation, visits, basic scans, egg retrieval and general anesthesia for the procedure, ICSI, blastocyst culture and embryo transfer

IVF donor eggs: preparation, visits, basic scans, donor oocytes and donor compensation, ICSI, blastocyst culture, embryo transfer

Embryo donation: 1-2 embryos - usually at blastocyst stage

Egg freezing: preparation, visits, basic scans, egg retrieval and general anesthesia for the procedure, oocytes vitrification and one year storage

Not included in calculations: tests and scans for qualification, medications (stimulation, before an embryo transfer), frozen embryo transfer, embryo freezing, sperm freezing

OTHER IVF COSTS IN PORTUGAL - EXAMPLES

Other IVF costs examples

Medical consultation (with a doctor)*	**€100 - €140**
Sperm freezing*	**€340 - €450**
Donor sperm*	**€420 - €500**
Embryo Monitoring (Embryoscope, Time-Lapse, Geri etc.)	**€150 - €300**
Blastocyst culture	**€300 - €500** included in basic packages in most of the clinics
PGT-A / PGS genetic embryo testing*	**€2,000 - €2,400**
Vitrification of (remaining) embryos and storage for 1 year	**€450 - €600**
FET - frozen embryo transfer	**€1,100 - €1,400**

***Medical consultation:** cost is usually deducted from total treatment costs

***Sperm freezing:** may be needed if partner can't come to the clinic at the day of fertilisation

***Donor sperm:** from internal clinic's bank

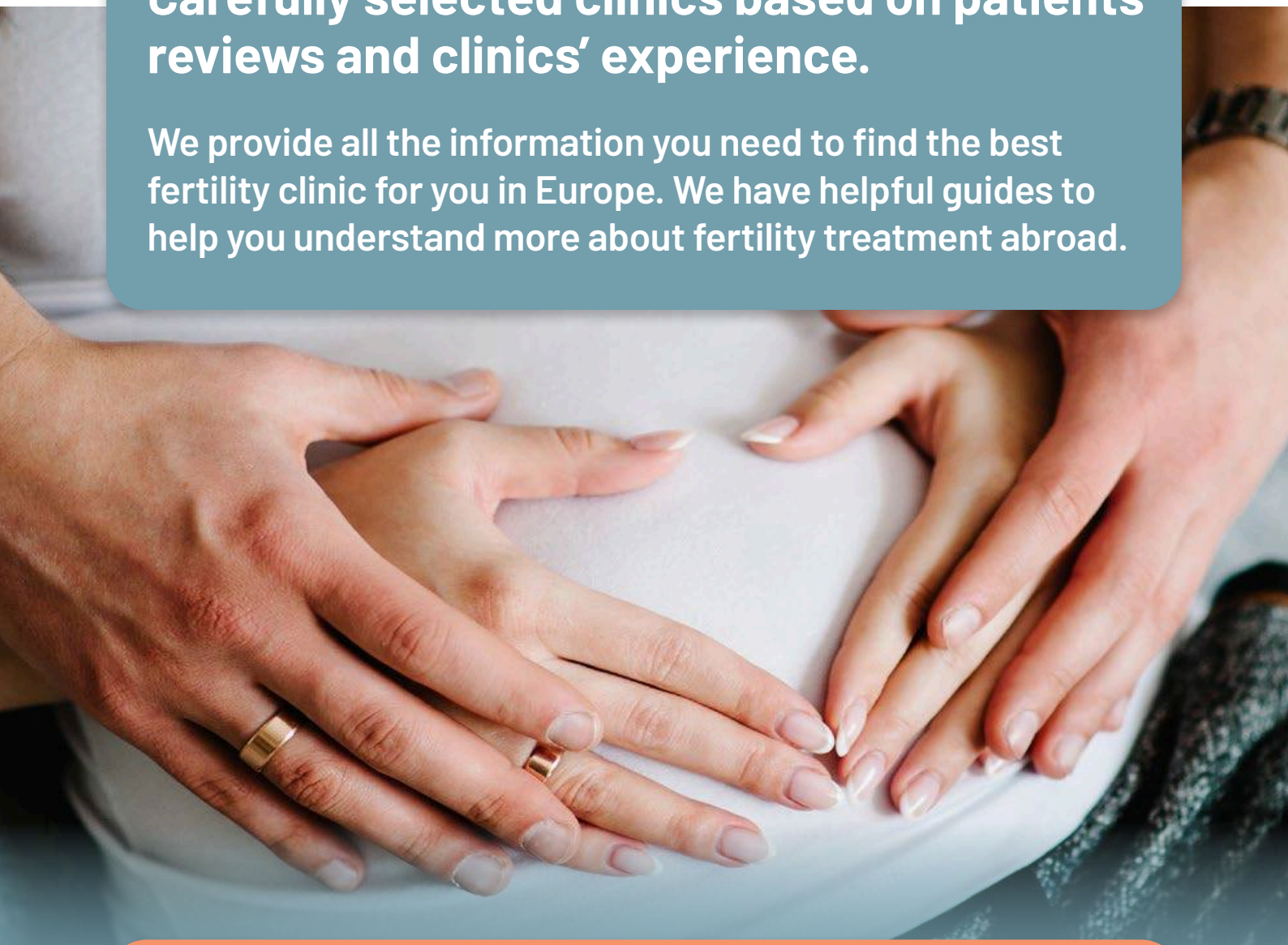
***PGT-A / PGS genetic embryo testing:** include embryo biopsy and embryo diagnosis - up to 4 embryos using NGS technique

Fertility Clinics Abroad

Find Top Fertility Clinics Abroad

Carefully selected clinics based on patients reviews and clinics' experience.

We provide all the information you need to find the best fertility clinic for you in Europe. We have helpful guides to help you understand more about fertility treatment abroad.



Find IVF Clinic Abroad

USEFUL RESOURCES

IVF and Egg Donation Abroad – 9 Most Popular Destinations

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Cheapest IVF in Europe

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Best Countries For IVF Treatment

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IVF over 50 – Best IVF Clinics and Countries

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Donor Egg IVF Success Rates – The Truth Clinics Don't Tell You

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Cumulative pregnancy rates or cumulative live birth rates – what do they mean?

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FREE HELP WITH IVF ABROAD

Would you like someone to go through it with you?

80% of the patients we surveyed said an expert second opinion would help them choose a clinic. Among patients with three or more failed cycles it was 85%. Our patient coordinators do this every day, free of charge. They look at your situation, help you prepare the questions for the clinics you are considering, and arrange consultations with the ones you choose.

WHAT YOU GET, ALL FREE OF CHARGE

- **A personal clinic shortlist.** Clinics matched to your medical situation, age, budget and treatment goals, with honest pros and cons.
- **Cost clarity before you commit.** What treatment really costs, and the hidden fees and misleading marketing to watch out for.
- **Free consultations with experienced IVF doctors.** We arrange them at the clinics you shortlist.
- **Next-step guidance.** The right questions to ask, and help planning your visit.

HOW IT WORKS

1. **You reach out.** We talk online or on WhatsApp to understand where you are and what you are looking for.
2. **We review your case.** We recommend a few clinics best suited to you, with pros, cons and honest feedback.
3. **You stay in control.** We answer your questions and arrange free consultations with the clinics you choose. The decisions are always yours.

"They understood my situation immediately. I was matched with two clinics that fit my medical needs and budget, and I finally felt confident moving forward."

Emma, Ireland

Talk to a patient coordinator →

fertilityclinicsabroad.com/px-ivf-abroad

Olympe, IVF Patient Advocate, Fertility Clinics Abroad. 100% confidential. Your details are shared with a clinic only with your consent.