

MAGAZINE NO. 1

SURROGACY

MÉXICO

**Guidance for a
safe, confident,
and
independent
surrogacy
journey.**

Real guidance from the people who care—attorneys, coordinators, and fertility specialists here to walk with you on your path to parenthood.



MEXICO'S LEADING MAGAZINE ON MODERN SURROGACY

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Pequeñas acciones cotidianas pueden marcar una gran diferencia durante tu camino hacia la paternidad. Este artículo te muestra cómo tu alimentación, descanso, manejo del estrés y ejercicio pueden impactar positivamente en tu preparación física y emocional durante el proceso de subrogación.

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Welcome Letter

Dear reader

Dear readers,

It is an honor for us to welcome you to the first edition of **Surrogacy Magazine**, a space created to serve as a bridge between intended parents and the specialists who, from different fields, work to design surrogacy programs that are safe, stable, and protective of everyone's rights.

This magazine was born with the mission of providing valuable, science-based tools and information to future parents — from the perspectives of fertility specialists, surrogacy lawyers, pediatricians, communicators, and other professionals committed to building families on strong, human foundations.

It is dedicated to single parents, to those facing complex infertility challenges, and to same-sex couples who, in their pursuit of love and equality, have crossed geographical, legal, and social borders to build a family. To all of you who have paved the way: you deserve clarity, safety, and guidance. For us, it is a privilege to help make this path more secure, sustainable, and filled with love for generations to come.

Through real stories, expert advice, and human-centered content, we hope to walk alongside you — not as a service, but as a source of meaningful support.

Thank you for trusting us and allowing us to be part of your journey.

This is just the beginning.

With warmth and respect.

Fertility Solutions Center

BUILDING A FAMILY: KEY STAGES OF THE SURROGACY JOURNEY

Surrogacy is a path filled with hope for those who dream of starting a family. However, it also involves important decisions and procedures that ensure the process is transparent, safe, and viable. A comprehensive surrogacy program consists of three main stages: the in vitro process, prenatal care through to delivery, and the legal procedures required for registering the baby.

Each of these phases is essential for intended parents to return home with their child without complications. Understanding and planning for these components from the very beginning helps clarify both timelines and costs, while avoiding legally vulnerable practices or those driven purely by commercial interests.

In the following sections, we outline each of these components and explain why integrating them early in the journey is key to ensuring a secure and successful surrogacy experience.

Choosing a Specialized Clinic: A laboratory with proven experience in IVF and embryo transfer in surrogacy cases is carefully selected.

Medical and Genetic Evaluations: Before ovarian stimulation (if using the intended mother's eggs) or uterine preparation (if using donor eggs/sperm), a thorough medical assessment is performed. This ensures that the quality of the gametes and the reproductive health of the intended parents are suitable for the process.



Embryo Creation And Culture: Following the egg retrieval (or receipt of donor gametes), the eggs and sperm are fertilized under controlled conditions. The resulting embryos are cultured for 3 to 5 days (blastocyst stage), and those with the highest implantation potential are selected for transfer.

Surrogate Selection and Preparation Medical and psychological evaluations of the surrogate: It is essential to confirm that the gestational carrier meets strict physical and emotional health criteria, with no history of hereditary conditions or prior obstetric complications.

Hormonal synchronization: To maximize the chances of success, a hormone protocol is administered to align the surrogate's menstrual cycle with the embryo development stage (endometrial receptivity is induced).

Embryo transfer: Once the endometrium is prepared, the selected embryo is transferred to the surrogate's uterus. A pregnancy test (Beta-hCG) is typically performed 10 to 14 days later to confirm implantation.

Timing and Budget Considerations

Estimated timeline: From gamete stimulation or retrieval to embryo transfer, the process usually takes between 4 and 8 weeks. Knowing this in advance allows intended parents to plan for medication costs, medical fees, and frequent monitoring.

Detailed costs: By understanding each step—genetic testing, stimulation, retrieval, embryo culture, transfer, and hormonal testing—it becomes possible to accurately estimate laboratory fees, medication expenses, and the professional fees of the fertility specialist.

Pregnancy Care Through Birth Comprehensive Obstetric Monitoring

Regular check-ups: Once pregnancy is confirmed, the surrogate attends prenatal consultations and ultrasounds with an obstetrician-gynecologist every 4 weeks until week 28, every 2 weeks until week 36, and weekly until delivery.

Nutrition and lifestyle guidance: Specialized nutritional counseling is provided to help the surrogate maintain optimal weight and health, along with recommendations for moderate physical activity and healthy habits throughout the pregnancy.

Emotional and Psychological Support

Emotional support for the surrogate: Psychological support is essential to help the surrogate feel accompanied, understand her role, and avoid emotional stress that could impact the stability of the pregnancy.

Communication with the intended parents: Many couples and single intended parents use ultrasound appointments as an opportunity to strengthen their bond with the surrogate and stay connected to their baby's development.

Birth Planning and Logistics Hospital and multidisciplinary team: A trusted hospital is selected, ensuring that both the obstetrician and pediatrician are familiar with surrogacy protocols and prepared to support the process from labor through postpartum.

Contingency planning: Clear strategies are established in advance to manage any complications or emergencies during labor or delivery.

Hospital discharge preparation: The discharge process is coordinated to allow the intended parents to remain with their newborn while ensuring that the surrogate receives proper post-delivery rest and care.



Legal Framework: Securing Your Baby's Birth Certificate

Avoiding Legally Vulnerable Methods:


Some coordinators or agencies, in an effort to reduce costs and timelines, design processes in which the surrogate is listed as the mother on the baby's birth certificate. Later, she is asked to waive her rights at the embassy of the intended parents' home country.

Main risk: A waiver of rights at an embassy does not override the official birth certificate issued in Mexico. Legally speaking, the surrogate retains the ability to claim maternity, custody, or inheritance rights in the future. This scenario creates significant legal vulnerability for the intended family.

Constitutional Amparo is the most secure legal route to ensure that the surrogacy agreement is recognized before the baby is born.

Through this legal process:

- A judge reviews and validates the surrogacy agreement, issuing a resolution that recognizes the intended parents as the baby's legal guardians.
- The State grants parental rights to the intended parents, eliminating any future possibility of the surrogate claiming parental rights.
- Key advantage: The birth certificate issued after the amparo already includes the intended parents' names, removing the need for the surrogate to appear on the document. This process provides full legal security for the family.



**Protected
Parenthood:
Why the
Amparo Matters**

PLANNING YOUR PATH: THREE KEY PILLARS OF SURROGACY

When beginning your search for a surrogacy program, we recommend breaking the process down into three key areas:



This will help you clearly evaluate what each agency or coordinator offers—what’s included, how it’s delivered, and what the actual cost is. By organizing services this way, you can better identify which parts of the process are covered and determine whether the program truly offers a complete surrogacy journey.

The Importance of Planning Time and Budget from the Start Full process transparency:

Understanding the three key stages—IVF, pregnancy care, and the legal framework—gives intended parents a clear overview of the timeline and associated costs at each phase.

Avoiding unnecessary expenses:

By separating and itemizing costs—clinic fees, medical services, prenatal care, legal representation, and court expenses—there are no hidden charges or duplicate payments.

Prioritizing family well-being:

When legal and financial uncertainties are minimized, intended parents can focus on building a relationship with the surrogate and preparing for their baby’s arrival, rather than dealing with last-minute paperwork or potential legal disputes.

Risks of Commercial Programs with Legally Unsafe Processes

Registering the Surrogate as the Mother

Although this approach may appear to "save time" and "cut costs," it leaves the intended family exposed. At any point, the surrogate could challenge the waiver or claim parental rights.

Embassies do not modify or annul Mexican birth certificates; their role is to certify documents—not to change civil registry records in Mexico.

Lack of Long-Term Legal Planning

Some agencies or independent coordinators may prioritize quick contracts over long-term security. If the documentation does not truly reflect the intended surrogacy arrangement, the consequences may arise years later.

Rather than relying on a solid legal foundation—such as a jurisprudential approach via the amparo—they resort to improvised legal shortcuts that leave dangerous loopholes.

Family Well-Being at Risk

The true objective of a comprehensive surrogacy program should be to protect the family bond and ensure legal security. When commercial interests outweigh the long-term well-being of the family, emotional and legal conflicts may arise—affecting both the intended parents and the child.





Conclusion: Prioritizing Safety and Transparency

A well-structured surrogacy journey in Mexico is built on three essential pillars:

- In Vitro Stage, where embryos are created and the surrogate is selected;
- Pregnancy Care through Birth, including medical monitoring and continuous emotional support;
- Legal Process for Secure Birth Registration, ideally through a constitutional amparo that protects the intended parents' rights from the start.

By considering these pillars from the beginning, families can clearly map out the timeline and understand the financial breakdown of each stage. This minimizes the risk of unsafe registration processes or future claims by the surrogate.

A truly comprehensive surrogacy program in Mexico must prioritize the long-term well-being of the family being formed—because no shortcut in time or money is worth compromising the legal security of the child and their parents.

TIPS

MAXIMIZE THE QUALITY OF YOUR SPERM SAMPLE

Our daily habits have a direct impact on the health of our cells and, therefore, on our fertility. Living a healthy lifestyle can enhance the results of your surrogacy treatment. From home, you can adopt small actions that make a big difference. Here are some key habits to support you along the way.



Lifestyle & Wellness

NUTRITION: THE FOUNDATION OF EVERYTHING

Numerous studies support that a diet rich in antioxidants and low in trans fats and simple sugars can improve sperm quality



PHYSICAL EXERCISE HELPS REGULATE

Numerous studies support that a diet rich in antioxidants and low in trans fats and simple sugars can improve sperm quality



AVOID TOXINS AND EXCESSIVE HEAT

Tobacco, alcohol, and drugs: Increase sperm DNA fragmentation and reduce total sperm count.

THE COMPLETE CYCLE OF SPERM PRODUCTION (SPERMATOGENESIS) LASTS APPROXIMATELY 72 DAYS, SO ANY LIFESTYLE CHANGES SHOULD BE MAINTAINED FOR AT LEAST 3 MONTHS TO ASSESS RESULTS.



YOUR DREAM OF BECOMING A
DAD IS CLOSER THAN YOU THINK



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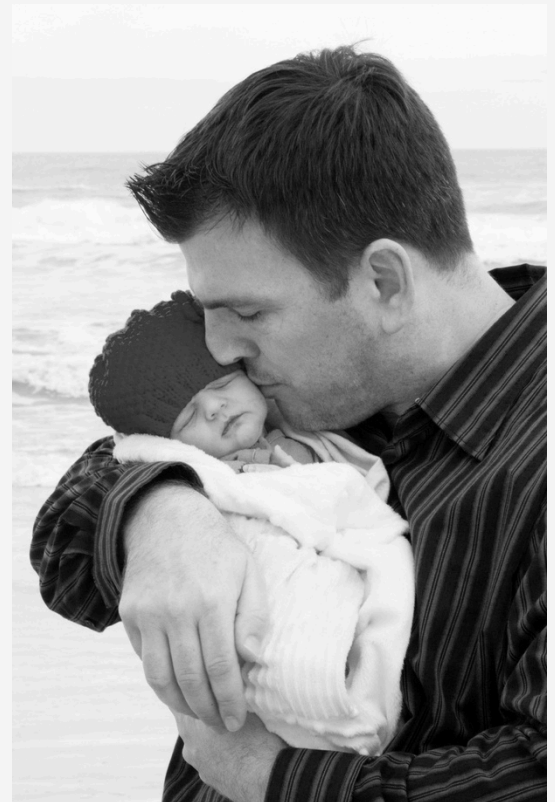
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WHAT IS AN 'AMPARO' IN SURROGACY, AND WHY IS IT BECOMING AN ESSENTIAL LEGAL TREND TODAY?

Mexico has long been a top destination for surrogacy, especially for international parents. Many journeys lacked legal safeguards. Today, the amparo is a growing legal trend to protect the rights of parents and their baby.

Amparo in surrogacy is a legal remedy that allows intended parents to request a federal judge to officially recognize that the pregnancy results from a surrogacy agreement. Through this process, the intended parents—whether a couple or a single individual—are legally acknowledged as the sole parents of the baby, allowing the birth certificate to be issued directly in their names, without listing the surrogate as the legal mother.

This procedure ensures legal certainty for both the baby and the parents, preventing future issues such as custody disputes, inheritance claims, or nationality complications



WHY WASN'T IT DONE BEFORE?

For years, many **surrogacy programs**—especially those offered by external agencies that subcontract all professional services in Mexico or by independent coordinators—avoided the amparo process for several reasons:

- **Lower cost without legal filing:** Skipping the amparo reduced the total program cost, making it more commercially “attractive.”
- **Shorter wait times:** Babies were registered with the surrogate as the legal mother, allowing for faster initial processing at the Civil Registry.
- **Lack of information:** Many intended parents were unaware of the amparo option or were not informed about the legal risks of registering the baby under the surrogate’s name.

However, this practice leaves parents legally vulnerable, as the surrogate—being listed on the Mexican birth certificate—may later claim parental rights, even if she has already waived them at a foreign embassy.

WHY IS IT NOW USED MORE FREQUENTLY?

IN RECENT YEARS, BOTH ATTORNEYS AND RESPONSIBLE AGENCIES HAVE INCREASINGLY PROMOTED THE USE OF AMPARO AS THE MOST ETHICAL, SECURE, AND LONG-TERM LEGAL PATH. THE MAIN REASONS ARE:

- **FULL PROTECTION FOR THE PARENTS:** BEING LEGALLY RECOGNIZED FROM THE START AS THE BABY'S ONLY PARENTS ELIMINATES ANY RISK OF FUTURE CLAIMS.
- **SECURITY FOR THE CHILD:** IT ENSURES THE BABY'S RIGHT TO A CLEAR AND STABLE LEGAL IDENTITY, WITH NO AMBIGUITY IN PARENTAGE.
- **INTERNATIONAL RECOGNITION:** MANY COUNTRIES REQUIRE CLEAR AND CONSISTENT LEGAL DOCUMENTATION TO GRANT CITIZENSHIP, A PASSPORT, OR RESIDENCY TO A BABY BORN THROUGH SURROGACY.
- **GREATER PROGRAM PROFESSIONALISM:** RESPONSIBLE AGENCIES UNDERSTAND THAT A PROCESS WITHOUT AMPARO IS LEGALLY VULNERABLE, AND THEY NOW INCLUDE IT AS A STANDARD PART OF THEIR PROGRAM DESIGN.



WHO CAN ACCESS AN AMPARO FOR SURROGACY IN MEXICO?



One of the great advantages of the amparo process in surrogacy is that it does not discriminate based on sexual orientation, marital status, or nationality. The amparo route allows for the protection of a wide diversity of families, as long as there is a legally signed surrogacy agreement and the goal is to protect the child's rights and clearly establish legal parentage.

Same-sex couples (homoparental families)



Whether they are legally married, in a civil union, or simply in a relationship, same-sex couples can request an amparo if they have begun a surrogacy process. The amparo allows both parents to be listed on the baby's birth certificate, even if only one of them has a genetic link to the child.

Heterosexual couples



Heterosexual marriages or unions can access prenatal amparo, regardless of whether one or both partners contribute the genetic material. This includes couples facing fertility issues or medical conditions that prevent pregnancy.

Single fathers and mothers



Single men or women can also pursue surrogacy with full legal support, and the amparo legally recognizes them as the sole parent of the baby from birth. This is especially important for single men using egg donation and surrogacy, as it ensures the surrogate is not listed as the legal mother on the birth certificate.

International intended parents



International citizens—whether temporary residents or medical tourists—can pursue surrogacy in Mexico and request an amparo, as long as they meet the legal requirements and present the surrogacy agreement to the appropriate court. This legal resource helps ensure the baby's safe return to their home country with a birth certificate that is legally valid from Mexico.

The Hospitals Where Your Baby Will be Born

Baby-Friendly Hospital

The birth of your first baby through surrogacy can be an experience full of emotions and questions. Understanding how the hospital where your child will be born operates is key to experiencing this moment with peace of mind.

SO, DOES IT APPLY TO SURROGACY?

The birth of your first baby through surrogacy can be an experience full of emotions and questions. Understanding how the hospital where your child will be born operates is key to experiencing this moment with peace of mind.

WHAT IS A KANGAROO HOSPITAL?

It is a place where the baby **is not separated** from the one who awaits them with love. Where immediate **skin-to-skin contact** is allowed — even if the pregnancy was not carried by you. Early bonding, respectful care, and the beginning of a family story from the very first heartbeat outside the womb are encouraged.

This model is based on recommendations from **OMS** and **UNICEF**, and in Mexico, it is part of the strategy of the **Baby-Friendly Hospitals**, recognized for providing a warm, humane, and safe birth.

KEY POINTS: BABY-FRIENDLY HOSPITAL (GENERALIZED KANGAROO CARE MODEL)

- Immediate skin-to-skin contact with the legal or intended parents
- Early bonding is a priority
- Continuous support during labor and delivery
- Rooming-in: baby stays with the parents after birth
- Respectful, family-centered care
- Warm, safe, and humanized birth experience
- Based on WHO and UNICEF guidelines
- Applies to surrogacy, not only traditional births



**THANKS TO YOU, A VOICE BECAME A HEARTBEAT,
A DREAM BECAME A FAMILY**

**YOUR PATH TO FATHERHOOD,
FASTER AND SAFER.**

From \$59,300 USD

**All our programs include the Non-Invasive
Prenatal Paternity Test (NIP)**



Surrogacy and Genetics: Why Is NIP Becoming More Important?

WHAT IS THE NIP TEST?

The **NIP (Non-Invasive Prenatal Paternity Test)** is a genetic study that allows the confirmation of a baby's biological paternity during pregnancy, without posing any risk to the health of the gestational carrier or the fetus.

It is performed by collecting a blood sample from the pregnant woman, which contains circulating fetal DNA, and comparing it to a DNA sample from the presumed biological father.

In surrogacy, this test holds special value: it allows confirmation that the transferred embryo indeed belongs to the intended father—even before the baby is born.

This test not only confirms the baby's genetic relationship with the intended parents

It also serves as a medical, legal, emotional, and social protection tool that strengthens the entire surrogacy ecosystem—especially in countries like Mexico, where a formal federal regulation has not yet been established.

HOW IS THE NON-INVASIVE PRENATAL PATERNITY TEST (NIP) PERFORMED?

The process consists of three main steps. First, between the 8th and 10th week of pregnancy,

a small blood sample is taken from the gestational carrier, which contains fragments of fetal DNA circulating in her blood-

stream. Second, a sample from the biological father—either saliva or blood—is collected to compare the genetic profiles.

Finally, a specialized laboratory analyzes and compares both samples, delivering reliable results within 7 to 10 days, with an accuracy greater than

99%.



How Does it Help Reduce Legal, Social, and Ethical Issues?

BENEFITS FOR INTENDED PARENTS (IPS)

- GENETIC CERTAINTY FROM EARLY STAGES—BEFORE THE BABY IS BORN.
- REDUCED EMOTIONAL STRESS, ESPECIALLY IN INTERNATIONAL PROCESSES OR WHEN THERE ARE CONCERNS ABOUT EMBRYO TRACEABILITY.
- DOCUMENTED SUPPORT FOR LEGAL PROCEDURES SUCH AS PARENTAGE, CITIZENSHIP, OR PASSPORT APPLICATIONS.
- INCREASED CONFIDENCE IN THE MEDICAL FOLLOW-UP AND IN THE CLINIC MANAGING THE TREATMENT.

- **Prevention of abandonment by intended parents:** There have been cases of minors being abandoned in hospitals by intended parents. Although there may be no genetic connection, this does not eliminate the legal figure of the intention to be a parent. For this reason, there are legal processes to formally sever parental rights for children born without a genetic link. Abandonment is a serious offense in all countries and does not expire. The NIP acts as a preventive tool, significantly reducing these types of conflicts by providing parents with greater certainty and security.
- **Protection of the child's right to know their biological origin:** In the future, the NIP can become part of the child's medical and legal history, helping preserve transparency and their sense of identity. Greater ethics and responsibility in assisted reproduction: Including this test as part of standard protocols enhances the quality, professionalism, and trust in surrogacy processes.
- **Greater ethics and responsibility in assisted reproduction:** Incorporating this test into standard protocols raises the quality, professionalism, and trust in surrogacy processes

More Than a Test — An Act of Responsibility

Integrating the NIP test into surrogacy is more than a medical step—it's an act of ethical responsibility. It prevents conflict, protects the surrogate, strengthens parental commitment, and safeguards the future child's well-being.

In today's global and complex fertility landscape, a simple blood test can turn uncertainty into a clear, secure, and human path to parenthood.





Oh! My Baby

The bag's not packed yet.

- 2-3 changes of clothes (cotton kimono-style outfits or onesies)
- 1 soft blanket or muslin swaddle
- Newborn diapers (NB)
- Hypoallergenic baby wipes
- Socks and baby hat
- Baby towel
- Baby hygiene essentials

IP Challenge

It's time to show how much of an expert you've become on your surrogacy journey!

🕒 Set your timer for one minute and list everything your baby will need in their hospital bag for their baby surrogacy journey.

Ready? Go! 🏃🚗🌟

Then, share it on your social media using the hashtag:

👉 **#IPChallenge #SurrogacyMagazine**

Let's see who's truly ready to welcome their little one!



Georgia joins your journey to fatherhood



**NEW DESTINATION,
SAME TRUST**

**Start Your Consultation Today
And Discover If This New
Destination Is Right For You**

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