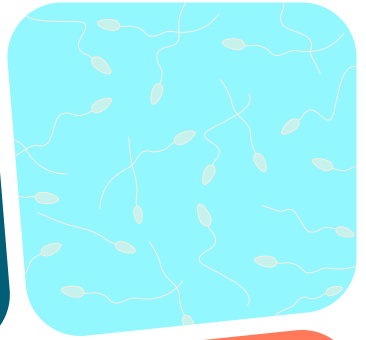


fertility   
associates



**Preserving  
sperm**

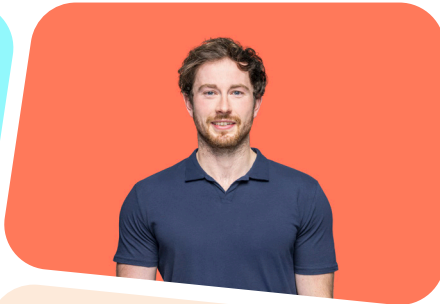
# Why freeze and store sperm?

1. Planning a vasectomy? It's useful to consider having a back-up plan in case things change in future. This is more common than you might think.
2. Oncology treatment. Many cancer therapies have the potential to affect your ability to conceive naturally.
3. Gender Affirming Hormone Therapy (GAHT). Sperm preservation allows those undertaking GAHT to keep their options open for having a family in future.

Your Oncologist, Endocrinologist or other specialist will be able to help you with more information.

## Seeing a doctor

You don't need to see a Fertility Associates doctor if you want to freeze sperm, although you may want to if you have any questions or want to explore how you may want your sperm to be used in the future. Don't hesitate to ask to speak to a fertility specialist if you have questions.



## Blood tests

Prior to storing sperm, you will need to do a blood test to screen for HIV, Hepatitis B and Hepatitis C. This is a standard test that we do for all people undergoing fertility preservation. This is because there is a theoretical risk of cross-contamination of viruses from one sample to another, although it has never been reported. If any of these tests did come back positive, it would not stop you from being able to store sperm. Quite often your referring doctor will have already done these tests, which we can acquire directly from them.

## Sperm freezing – what to expect

Sperm freezing is very straightforward. You produce a sample on the day and we freeze it all for future use. Samples can be collected at home, in hospital (if you are an inpatient) or in a private room specially set aside at the fertility clinic. We prefer that your sample is collected onsite at the clinic but if you are bringing your sample from home this can be arranged with the lab staff. Note that it needs to be at the clinic within one hour of being produced.

## Costs


Sperm freezing before cancer treatment or GAHT is free of charge for those who do not already have a child. We do need a referral letter from your Oncologist, Endocrinologist or other specialist indicating that your cancer and/or treatment could impact your fertility in the future. For those covered by public funding, sperm can also be stored for up to ten years free of charge if your ability to conceive naturally is permanently affected.

## Consent

You will need to sign a consent form as part of freezing sperm. The consent form covers:

- time limits to storage
- who we can contact if we cannot reach you
- your decision on what should happen to your frozen sperm in the event of your death. You can choose to dispose of your frozen sperm or keep your frozen sperm in storage and make it available to a named person for potential future use in fertility treatment.

### World Health Organisation (WHO) reference levels for normal semen values

Semen volume	1.5mL or more	The volume of fluid you ejaculate should be 1.5mL or more per sample	
Sperm concentration	15 million/mL or more	More than 15 million sperm should be in each mL of your ejaculate fluid	
Sperm motility	40% or more	More than 40% of your sperm should move	

## Using frozen sperm

When you are ready to start a family, it's a good idea to visit one of our doctors to discuss your treatment options with frozen sperm. There are two types of treatment when using frozen sperm – the choice depends on the number and quality of the sperm collected, and whether the cycle includes donor oocytes and/or surrogacy.

### 1. Intra-uterine Insemination (IUI)

This is the simplest technique and involves sperm being placed into the uterus during the fertile part of the cycle. This treatment requires a high number of good quality sperm. If you want to consider this as an option, you may need to freeze more than one sperm sample.

### 2. In-vitro Fertilization (IVF) with or without Intra-Cytoplasmic Sperm Injection (ICSI)

IVF is a more complex option. It involves eggs being collected and then fertilized outside the body by either mixing the sperm and eggs together or injecting a single sperm into an egg (ICSI). The resulting embryo is then put back into the uterus. The benefit of this type of treatment is that it requires fewer good quality sperm and therefore usually one sperm sample is enough for several IVF cycles.

You may be eligible for public funding if you need fertility treatment.

## Follow-up after freezing

One year after the completion of your treatment you need to do a sperm analysis to check if your fertility has been affected. If the sperm looks normal, we will give you the option to continue storage of your sperm at your own cost. Alternatively, your frozen sample will be discarded.

### The law and 10 year storage

Under the Human Assisted Reproductive Technology (HART) Act, sperm can legally be stored for 10 years. If you want to store your sperm for longer than 10 years you will need approval for extended storage from the Ethics Committee on Assisted Reproductive Technology (ECART). An application for approval must be made in advance of the 10 year expiry date. Fertility Associates will try to contact you before the 10 year expiry date to ask if you want to extend storage.

It is crucial that you keep us up to date with any change in contact details so that we can get in touch with you in the future.

where life begins  
kei konei ka timata ai te oranga



Find more information  
about your options