

# Preserving Sperm

## Why freeze and store sperm?

Most cancer treatments have the potential to affect your ability to father children. Your risk of not being able to father a child is influenced by the type and extent of your disease and the treatment you receive.\* Sperm can be frozen for men who face losing their fertility because of cancer treatment.

\* For more information about your individual fertility risk please talk to your Oncologist or Cancer Nurse Specialist.



## Seeing a doctor

You don't need to see a Fertility Associates doctor if you want to bank sperm, although you may wish to do so if you have any questions or want to explore how your sperm might 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 men/women 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 straight forward. We just need you to produce a sample on the day and we will freeze all of it 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. If you are bringing your sample from home it needs to be at the clinic within one hour of being produced.

## Costs

Sperm freezing before cancer treatment is FREE of charge for those who have not fathered a child previously. However we would need a referral letter from your Cancer Specialist or Oncologist indicating that your treatment/cancer could impact fertility in the future.

For those covered by public funding, sperm can also be stored for up to 10 years FREE of charge if your ability to father a child has been affected by your cancer or 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

## Consent

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

- Time limits to storage
- Who we can contact if we cannot reach you
- And in the event that you are no longer conscious or living we need to know if you would consent to your sperm being used and to whom you would consent to use it.

Preserved sperm cannot be used after death, unless it is made clear in the consent form that this is the chosen option. You can choose to leave sperm to your female partner for them to use, but that person cannot donate it to another person. If you want someone other than a partner to use it, you will need to become a sperm donor - this can be done any time after freezing your sperm.

## 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 sperm collected.

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

This is the simplest technique and involves sperm being placed into a woman's uterus during the fertile part of her 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 semen sample.

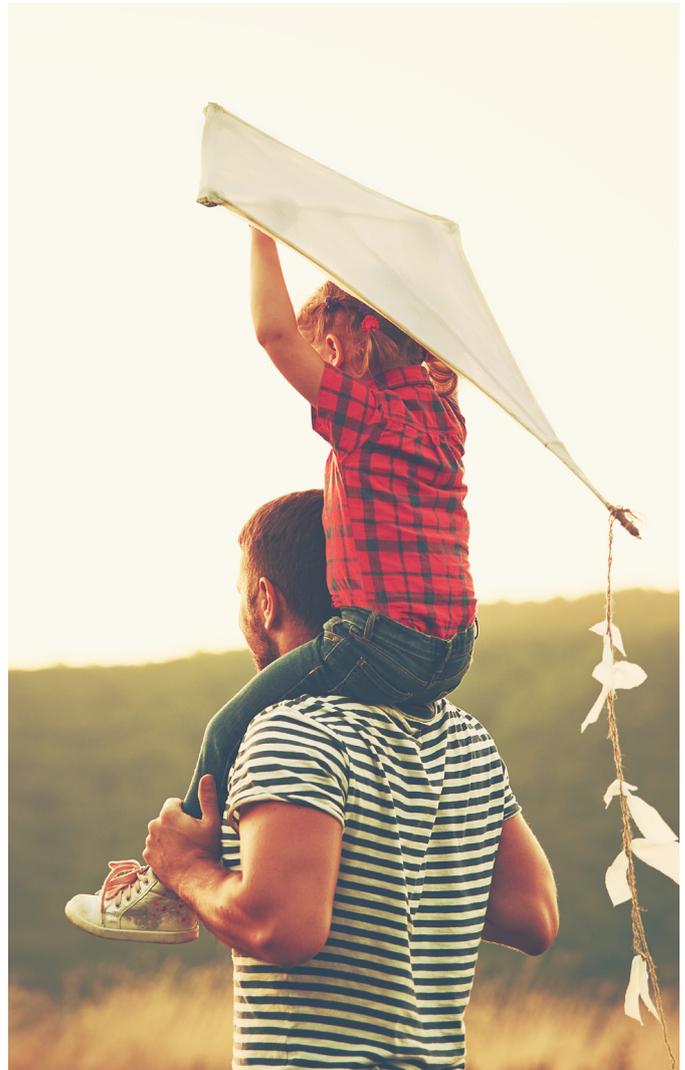
### 2. In-vitro Fertilization (IVF) with or without Intra-Cytoplasmic Sperm Injection (ICSI)

IVF is a more complex option. It involves eggs being collected from the woman and then fertilized outside the body by either mixing the sperm and eggs together, or injecting a single sperm into an egg (ICSI); an embryo is then put back into a woman's uterus. This requires less sperm and usually one semen 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 may need to do a semen 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 wish to store your sperm for longer than 10 years you will need to apply for extended storage through the ethics committee, prior to the expiry date. Fertility Associates will attempt to contact you before you reach the 10-year limit to guide you through the process if you wish to apply.*

***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.***