



## SPERM FREEZING AND STORAGE

This is the procedure of freezing sperm cells in order to preserve them for future use. Sperm cells have been frozen and thawed successfully for more than 40 years. By using special technologies and then keeping it in liquid nitrogen (-196°C) sperm can be stored for many years while still maintaining a reasonable quality.



Unfortunately, life is unpredictable. There are many situations that could interfere with your future fertility. These may include:

- Chemotherapy or Radiation therapy
- Certain types of pelvic or testicular surgery
- Vasectomy
- High risk occupations or sports
- Diabetes may cause erectile difficulty
- Male away from home on day of assisted reproductive treatment

Please ask your GP or specialist doctor for a referral form to see one of our specialists at City Fertility Centre. At your first appointment we will arrange blood tests for Hepatitis B, Hepatitis C and HIV. We routinely screen for these infections because they may be transmitted through the semen to a female partner or an unborn child, and to minimise the risk of contamination during storage. Once you receive your blood test results please contact us to arrange a specific time to deliver your specimen within one hour of production or to book a time to produce the sample at our facility. At

this time you will need to sign consent forms for the freezing and storage of sperm which last for up to ten years at a time.

Everyone's situation is different. Most men freeze between two and five samples. Some choose to freeze many more samples. In many cases the time interval prior to surgery, chemotherapy or radiation therapy will be the deciding factor. We recommend abstaining from intercourse and ejaculation for at least two days but not longer than five days before the first sample and for about two days between the samples.

There is a fee for freezing each semen sample. This fee includes six months storage. After six months storage costs apply for storing one or more samples at City Fertility Centre. This annual storage fee is regardless of the number of samples stored and is not refundable. Please phone City Fertility Centre to ask about our current rates.

City Fertility Centre does not charge oncology patients for freezing sperm.

Sperm can be frozen indefinitely. Scientifically there is no limit to the length of time that sperm can be stored in a frozen state. Damage can occur to the sperm during freezing and thawing, not while it is frozen. The duration of time in storage does not influence the success rate. You must update us about any address changes. If we cannot reach you to collect the storage fee and to confirm that you want to maintain the frozen samples, we will thaw and destroy your semen samples. If you no longer require your sperm frozen please contact the clinic for the disposal of your samples and consent forms.

Please inform your City Fertility Centre specialist that you wish to utilise your frozen sperm sample. There are several treatment options depending on the number and quality of sperm available. Your partner will undergo some basic fertility investigations. Frozen sperm can be used for intrauterine insemination (IUI) if the quality of the thawed sperm is good enough. If sperm quality is reduced due to illness or other factors, it may be necessary to undertake

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In Vitro Fertilisation (IVF) and Intracytoplasmic Sperm Injection (ICSI) where individual sperm are injected directly into the eggs.

At City Fertility Centre we offer industry leading pregnancy rates. Once sperm was thawed successfully, the success rates for an IUI cycle are 10-20% per cycle, and for an IVF cycle 40-50%, depending on age and medical history. Please feel free to discuss your individual situation with one of our fertility specialists and enquire about your personalised chance of success.

Research has shown no difference in the rates of abnormalities or birth defects among children conceived with fresh versus frozen sperm. However, there are some theoretical concerns that chemotherapy drugs may have unknown effects on the sperm or the offspring. If possible, it is best to freeze the specimens before chemotherapy begins.



MFS21 1110



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