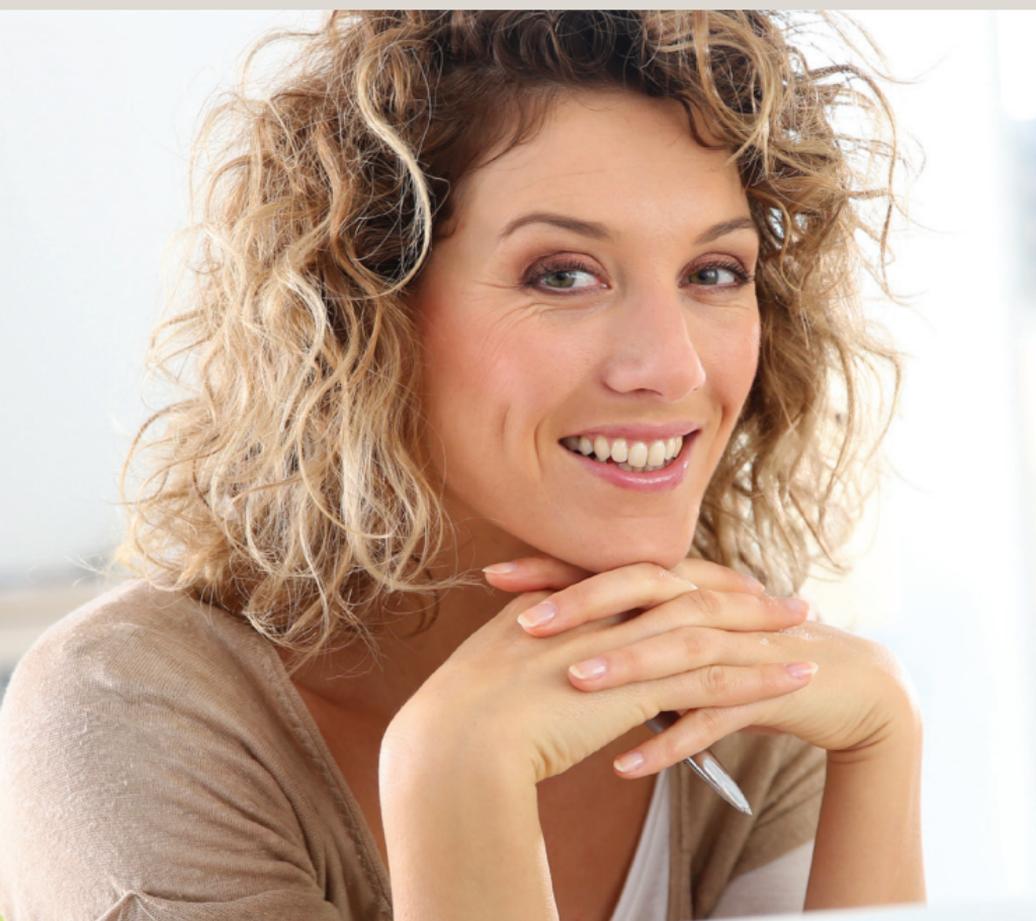


In-Cycle

Donor Insemination (DI)

What You Need to Know



CITY FERTILITY CENTRE

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What is Donor Insemination?

Donor Insemination (DI) is a fertility procedure in which frozen donor sperm is thawed and inserted into a woman's uterus, by Intra-Uterine Insemination (IUI), directly around the time of ovulation, in order to achieve a pregnancy.

What causes it?

Normally the ovaries produce estrogen, progesterone and testosterone. In PCOS, estrogen is usually produced in normal amounts, testosterone (androgens) is produced in excessive amounts and progesterone, which is released after ovulation (the release of the egg from the follicle), may be produced irregularly or not at all. It is still unclear what causes PCOS. While it is not curable, there are several approaches to achieving hormonal balance.

What is involved in Donor Insemination?

Donor Insemination (DI) involves the insertion of semen, obtained from a donor, into the uterus of a woman in order to achieve pregnancy. The donor semen is stored in liquid nitrogen and is thawed on the day of the procedure. The insemination is usually carried out by your treating specialist or a fertility coordinator and lasts for approximately 15 minutes. Most women describe it to be simple and painless, similar to a pap smear. Normal daily activities can be resumed after the procedure.

Once pregnancy occurs, it is no different from a pregnancy conceived naturally. There is no increase in the complications of pregnancy or delivery because of the insemination procedure.

Who will require donor sperm in DI?

- Heterosexual couples who are unable to fall pregnant naturally due to male infertility
- Single women
- Single lesbian women or couples

How can I access donor sperm?

Donor sperm can be obtained from a known donor or from a clinic-recruited donor (unknown donor) through our dedicated sperm donor program.

Known donor: this is where the identity of the donor is known by you. In this case the recipient usually receives a donation from a friend, relative or family member.

Unknown (clinic-recruited) donor: this is where the identity of the donor is not known by you.

Individuals or couples who are considering Donor Insemination will have to determine which type of sperm donor is right for them. For more information please visit the Donor Program page on our website: cityfertility.com.au

Choosing a Clinic-Recruited Donor

City Fertility Centre operates a comprehensive sperm donor program to assist individuals and couples achieve their dream of parenthood.

To help you select a donor, you will be provided with non-identifying information about the donor, such as: nationality, ethnic origin, blood group and physical characteristics (height, build, eye colour, hair colour and skin tone), to help you decide which donor's sperm you would like to select.

PLEASE NOTE: it may not always be possible to match the physical characteristics of the sperm donor with desired characteristics.

Our professional team of specialists can provide you with all the information you need to make an informed decision and our fertility coordinators are available to discuss any questions you may have about the sperm donor process.

Donor Pre-requisites – What we look for in a clinic-recruited donor

To ensure you receive the best-quality and healthy sperm to increase your chances of conception, and to eliminate any health risks associated to the donor sperm, the following pre-requisites are required from a donor:

- Must be aged between 18-45 (in Victoria: 21-45).
- In good health with no history of hereditary disease. Donors will not be accepted if they suffer from an illness, disease or genetic condition that poses an unacceptable risk of being passed on to any child conceived from the donation.
- Have a low risk for sexually transmitted diseases and HIV/AIDS. Some people within the community cannot donate because their lifestyle places them at a greater risk of a disease that could infect the recipients and any children conceived.
- To be accepted to the donor program, the donor must complete a lifestyle declaration.
- Men who are adopted cannot donate, unless genetic family history is known.
- Must undergo screening tests including:
 - HIV
 - Hepatitis B and C
 - Syphilis
 - HTLV 1+2
 - Blood Group
 - Karyotype
 - Cystic Fibrosis
 - FXS
 - SMA
 - CMV
 - Semen Analysis
 - Semen Testing: M/C/S
 - Urine Testing: Chlamydia and Gonorrhoea
 - Ethnically related diseases (If required)

- FBC
- Donor Partner: HIV, Hepatitis B and C, Syphilis, HTLV 1+2 and CMV Syphilis, HTLV 1+2 and CMV
- Men who have had any of the following cannot donate:
 - Clotting factors for clotting disorders (Factor VIII or Factor IX)
 - Transplant or graft (organ, corneas, dura mater, bone etc.)
 - Human growth hormone derived from human pituitary gland or hormone pituitary-derived graft material.
- Men cannot donate if in the past 12 months they have:
 - Had sexual activity with any person known to have been exposed to HIV.
 - Engaged in sexual activity with a male or female sex worker.
 - Been a male sex worker (i.e. received money, gifts etc. as payment for sex).
 - Used an injectable non-prescription drug.
 - Had any blood/body fluid splashed in their eyes, mouth, nose or broken skin with someone they think would have been exposed to any of the issues mentioned.
 - Had a blood transfusion.
 - Been imprisoned.
- Clinic-recruited donors must have a permanent address and be contactable for follow-up screening. They must be able to provide three identifiers and proof of permanent address, e.g. driver's licence, photo ID, passport.
- Clinic-recruited sperm donors with student, working holiday or temporary working visas will not be accepted to the program. Donors with temporary resident visas may be accepted to the program if they can provide evidence of the above requirements.
- If married or in a defacto relationship the wife/partner must consent to the donation. If the donor is divorced, then this is not required.
- At the end of the six-month quarantine period, sperm donors are contacted to return for final screening tests (HIV, Hepatitis B and C, Chlamydia, Gonorrhoea, CMV, Syphilis, HTLV+2) to allow clearance of the sperm for use.

Key Considerations - What you need to be aware of when undergoing Donor Insemination (DI)

As per any medical procedure, there are some potential risks that come with the treatment. Whilst these risks are minimal, it is important for you to be aware of them and to keep an eye

out for any unusual symptoms following the treatment. Remember you are not alone through this process, and if you have any concerns at all please contact your fertility coordinator.

- **INFECTION:** this may be more common in women with a history of pelvic infection.
- **OVERSTIMULATION:** some women may experience an excessive response from their ovaries to the fertility drugs. Ovarian Hyperstimulation Syndrome occurs in a minority group of women who over-respond. Symptoms include severe discomfort, nausea, vomiting, abdominal distension and dehydration. It is important that the clinic is notified immediately if any of these symptoms occur during your treatment, as hospitalisation may be required.
- **MULTIPLE PREGNANCY:** this has been shown to occur in up to 10 per cent of women. If there are too many follicles seen on ultrasound prior to the IUI procedure, the risk of multiple pregnancy may be too high and the procedure may be cancelled.
- **FAILED PROCEDURE:** in a small number of cases, it is not possible to place the catheter into position through the cervix and the sperm cannot be inserted into the uterine cavity.

Things to Consider

We would like you to take a moment to consider some of the factors that may influence the decisions you make in your journey towards parenthood with Assisted Reproductive Technology (ART).

These include:

- Relevant laws.
- What are your feelings about creating a family where only one partner will be a genetic parent?
- How do you feel about parenting a child with whom you have no genetic link (if both donors, egg and sperm, are used)?
- What are your feelings about being a single parent if you are undergoing treatment as a single woman?
- Do both partners agree to use donated sperm?
- How do you feel about the loss of fertility – has there been enough time to go through the grieving process?
- What if the donor insemination outcome is unsuccessful – will it impact on your relationship?
- What about the possible offspring – do they have the right to know? What if they wish to contact the donor?
- Who needs to know about this (family, friends, work, etc.)?

Cost of Treatment

As each treatment cycle is structured to suit individual needs, costs will vary between patients depending on the level of service required.

Following your initial consultation with a City Fertility Centre specialist, you will be given a booking for a complimentary pre-treatment information session with one of our experienced fertility coordinators and patient services administrators. All aspects of your fertility treatment, including the cost structure, will be discussed with you at this time. If you have any questions regarding treatment fees, Medicare and Private Health rebates prior to this, please do not hesitate to contact our friendly patient services team.

Legal Implications

City Fertility Centre encourages all individuals/couples to seek independent legal advice before taking part in the donor program.

Where to Now?

For more information contact your clinic to speak with a donor coordinator.

Contact Us

Adelaide	1300 483 235
Brisbane City	1800 123 483
Brisbane Southside	1300 483 784
Gold Coast	1300 859 116
Melbourne City	1300 781 483
Melbourne Bundoora	1300 483 232
Sydney	1300 277 447

cityfertility.com.au

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