



# Thinking of starting a family?

## We have a great variety of sperm available

- We have a range of donor profiles available for you to select your closest match.
- All our sperm donors undertake both a semen analysis and a series of pathology tests, as part of the routine screening process to ensure the highest quality and safety for our patients.  
Screening tests include: HIV, Hepatitis B and C, Syphilis, Human T-Lymphotropic Virus (HTLV) 1+2, Cytomegalovirus (CMV), Cystic Fibrosis, Karyotype, Blood Group, Chlamydia and Gonorrhoea.  
All our sperm donors have also been counselled by a qualified fertility counsellor.
- City Fertility Centre offers the option to **use the same donor for both partners**.

City Fertility Centre provides compassionate and exceptional care to all couples and individuals

### *Something to consider...*

Fertility is not always as straight forward as it would seem; there are some factors that may affect your fertility. Some of these are: age, lifestyle and medical conditions including Polycystic Ovarian Syndrome (PCOS), Endometriosis, blocked fallopian tubes, premature menopause, insulin resistance, thyroid disorders and genetic conditions.

City Fertility Centre offers evaluation and treatment for all female fertility problems.

## Treatment options available for couples using donated sperm

- Donor Insemination (DI)
- In Vitro Fertilisation (IVF) with donor sperm
- Intracytoplasmic Sperm Injection (ICSI) with donor sperm
- Donor sperm, egg and embryo program
- Egg and Embryo Freezing and Storage
- Genetic Testing - Pre-Implantation Genetic Diagnosis (PGD)
- Investigation and treatment of recurrent miscarriage

# Becoming a sperm recipient - Step by step guide

*These are the steps that may be involved to determine your fertility treatment plan and to access donor sperm*

- **Medical Consultation:** you and your partner will need to attend an appointment with a City Fertility Centre specialist. During this appointment the medical procedures will be explained to you and all relevant medical details will be checked.
- **Pathology Collection:** these tests are required as part of the routine screening process necessary prior to treatment. You and your partner will need to get the blood tests completed and the results will be forwarded to your fertility specialist.
- **Counselling:** it is mandatory for women who are considering using donated sperm and their partners to attend a counselling session. Counselling provides the opportunity to discuss treatment on a more personal level. It allows couples to raise issues that are more private, such as individual concerns, relationship difficulties, or current life situations that may affect the couple's experience of treatment.
- **Nurse Information Session:** prior to commencing treatment you will also need to attend a nurse interview. The nurse coordinator will inform you of cycle treatment, medications and their side effects, and discuss the day-to-day requirements of the treatment cycle. Consent forms are provided for you (and your partner) to fill in and sign.
- **Final Review:** before the treatment can commence, the fertility specialist and nurse coordinators will do a final review on the counselling reports, blood tests and consent forms to ensure everything is ready for the treatment to begin.
- **Treatment:** a healthy lifestyle is recommended prior to and during treatment. This includes a sensible approach to diet, exercise and alcohol. Eat a healthy, balanced diet with adequate protein, carbohydrates and fibre. You will be advised to stop smoking and restrict your alcohol prior to treatment.



## The first steps

The first step to access fertility treatment is to obtain a referral from your GP, to one of our accredited fertility experts. **We offer a guaranteed specialist appointment within 10 working days\*.**

Whether you have seen other specialists or this is your first time seeking fertility treatments, you will receive an individualised comprehensive approach to diagnosis and treatment.

From the outset of your fertility journey, City Fertility Centre will strive to provide clear and comprehensive information so you feel you can participate in, and make well-informed decisions about your investigations and treatment.

\* For new infertility patient referral.

## For more information

**Call:** 1300 354 354

**Email:** [contactus@cityfertility.com.au](mailto:contactus@cityfertility.com.au)

**Visit:** [cityfertility.com.au](http://cityfertility.com.au)

ML30