

Fertility
Preservation

Sperm Freezing and Storage

What You Need to Know



CITY FERTILITY CENTRE
your partners in life

CARING | COMPASSIONATE | PERSONALISED

Sperm Freezing and Storage

This is the procedure of freezing sperm cells to preserve them for future use.

Sperm cells have been frozen and thawed successfully for more than 40 years. By using special technology and keeping the sperm in liquid nitrogen (-196C), it can be stored for many years while maintaining a reasonable quality.

Why would I want to freeze sperm?

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

- Chemotherapy or radiation therapy.
- Certain types of pelvic or testicular surgery.
- Vasectomy.
- High-risk occupations or sports.
- Diabetes, which may cause erectile difficulty.
- Being away from home on the day of Assisted Reproductive Treatment (ART).

How do I arrange sperm freezing?

Please ask your GP for a referral form to see one of our specialists at City Fertility Centre.

It is preferable if, before your first appointment, blood tests for hepatitis B, hepatitis C and HIV are arranged. We routinely screen for these infections because they may be transmitted through the semen, and to minimise the risk of contamination during storage.

Once you receive your blood test results, please contact us to arrange, to book a time, to produce the sample at our clinic. At this time you will need to sign consent forms that allow for the freezing and storage of sperm for up to 10 years.

How many sperm samples do I freeze?

Everyone's situation is different. Most men freeze between two and five samples. In many cases, the time interval before surgery, chemotherapy or radiation therapy will be the deciding factor.

We recommend abstaining from intercourse and ejaculation for at least two days but no longer than five days before the first sample and for about two days between the samples.

How long can I continue to freeze my sperm?

Scientifically, there is no limit to the length of time that sperm can be stored in a frozen state. However, after 10 years we do require consent to extend the storage period.

Damage can occur to the sperm during freezing and thawing, not while it is frozen. The amount 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 confirm that you want to maintain the frozen samples, we will thaw and destroy them. If you no longer require your sperm frozen, please contact the clinic for the disposal of your samples and consent forms.

What happens if I want to thaw and use the samples?

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 Intra-Uterine Insemination (IUI) if its post-thaw quality is good enough. If the sperm quality is reduced due to illness or other factors, it may be necessary to undertake In Vitro Fertilisation (IVF) and Intracytoplasmic Sperm Injection (ICSI), whereby individual sperm is injected directly into the eggs.

What options are available if I choose not to keep my sperm cryopreserved?

The following options are available if you decide to no longer keep your sperm cryopreserved:

- Removal from cryopreservation (thawed and discarded).
- Donation for scientific training.

Whatever option you decide on, signed consent forms are required. Please contact the fertility coordinators to discuss these options.

Counselling

We appreciate that for some patients the decision to have their sperm cryopreserved or to release cryopreserved sperm from storage may be a difficult one to make. The counselling staff at City Fertility Centre are available at any time to help couples/individuals make a decision about their treatment.

Costs

There is a fee for freezing each semen sample.

City Fertility Centre freezing includes 12 months' complimentary storage for sperm, eggs and embryos. Please contact our friendly staff to learn more about this service.

After a year, costs apply for storing one or more samples at City Fertility Centre. This annual fee is charged 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 has reduced sperm-freezing fees for oncology patients. Please speak to our friendly staff for more information.

Where to Now?

I want more information

- Contact our Fertility Advice Team or
- Book a 15-minute nurse chat

I'm ready to take the next step

- Book an appointment with us
- Get a referral to City Fertility Centre from your GP

New fertility patient referrals are guaranteed an appointment within 10 working days with the first available specialist.

Contact Us

Call 1300 354 354

Email contactus@cityfertility.com.au

Visit cityfertility.com.au

MFS21 0916 1116



CITY FERTILITY CENTRE
your partners in life