

SDA

Sperm Donors Australia

More Fun
Than Giving Blood



Clinic Recruited



Are you thinking of becoming a sperm donor?

Clinic Recruited Donor

What is sperm donation?

Sperm donation refers to the use of sperm, donated by a third person who is referred to as the 'donor', to assist single women or couples (heterosexual or same sex), known as the 'recipient(s)', in their attempt to become parents. Sperm donation is used for donor insemination and IVF procedures at City Fertility Centre.

There are two types of donors:

- **RECIPIENT RECRUITED DONORS** donate their sperm to a known recipient, such as relative or friend.
- **CLINIC RECRUITED DONORS** donate their sperm to City Fertility Centre for allocation to clinic recipients not known to the donors.

Who will my sperm be donated to?

Sperm donation commonly assists couples who are unable to conceive a baby due to 'male factor' fertility problems; however, is increasingly being used to enable single women and same sex female couples to have their own children.

Am I eligible to become a sperm donor?

Men of all ethnic, cultural and religious backgrounds can become sperm donors. This includes men of different heights, shapes and sizes, as long as you meet the criteria below:

- You are between 18 and 45 years of age (21 to 45 in Victoria).
- Unknown 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 licence, photo ID or passport.
- You are in good health and have 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.
- You can provide a family medical history.
- You have a low risk for sexually transmitted diseases and HIV/AIDS.
- You are not eligible to donate if in the past 12 months you have:
 - had sexual activity with any person known to have been exposed to HIV

Choosing to become a sperm donor is a generous act, and by entering our sperm donor program you can help make someone else's dreams of parenthood become a reality.

- engaged in sexual activity with a male or female sex worker
- been a male sex worker (e.g. received payment for sex in money, gifts etc.)
- used an injectable non prescription drug
- had a blood/body fluid splash in your eyes, mouth, nose or broken skin with someone you might think would have been exposed to any of the issues mentioned above
- had a blood transfusion
- had been imprisoned
- Men who have had any of the following treatments 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 human pituitary derived graft material
- Men who have tested positive for any of the following tests cannot donate:
 - HIV
 - Hepatitis B
 - Hepatitis C
 - HTLV 1 and 2
- Marital status: if married or in a defacto relationship, the wife/partner must consent to the donation. Where a married couple is separated but not divorced, it is strongly recommended that the wife consents to the procedure.

Questions I need to consider before proceeding with sperm donation

These questions may be helpful to you when deciding if you wish to proceed in becoming a sperm donor:

- Why you wish to become a sperm donor?
- Whether you wish to know if a child is conceived as a result of your donation?
- How will you feel about a child conceived from your donation?
- How your donation is likely to impact your relationships (partner / family)?
- Who and what will you tell your family, friends, and children? How would they feel about this?

Summary of the Donor Process

Contact Sperm Donors Australia



Registration



Lifestyle Consent Form



Semen Analysis



Screening Tests



Medical Consultation with Specialist



Sperm is released for use



Quarantine Period



Donations Commence



Review Process



Counselling



Appointment with Fertility Coordinator



Contact Sperm Donors Australia

Simply visit: spermdonorsaustralia.com.au where you can register your interest or request an initial appointment by emailing: info@spermdonorsaustralia.com.au Alternatively you can call us on: **1800 985 838** to either arrange an initial appointment or request further information.

Registration

In order to become a sperm donor you need to complete our Registration Form. This form allows us to check that you meet the initial criteria to become a sperm donor with Sperm Donors Australia.

Lifestyle Consent Form

You will be asked to fill in a Lifestyle Consent Form. This consent form includes information about your medical and family history, and will be reviewed by the fertility specialist.

Semen Analysis

You will be asked to produce a semen sample. The scientist will analyse your sample and send the results to the City Fertility Centre, fertility specialist.

You should ideally have at least two to five days of abstinence prior to producing your sample.

Screening Tests

You (and your partner) will be given a request form for your tests. These tests are required as part of the routine screening process necessary to donate sperm. You (and your partner) will need to get the tests completed so the results are available at your medical check-up. You are also required to provide urine samples throughout the donation process. Any results from your medical check-up and blood tests will be given to you by your fertility specialist or fertility coordinator.

These are the tests required:

Donor:

- HIV
- Hepatitis B and C
- Syphilis
- Human T-Lymphotropic Virus (HTLV) 1+2
- Cytomegalovirus (CMV)
- Cystic Fibrosis
- Karyotype
- Blood Group

- Fragile X Syndrome (FXS)
- Spinal Muscular Atrophy (SMA)
- Thrombophilias
- Full Blood Count (FBC)
- Urine Testing: Chlamydia and Gonorrhoea
- Semen Tests: M/C/S

Donor Partner

- HIV
- Hepatitis B and C
- Syphilis
- Human T-Lymphotropic Virus (HTLV) 1+2
- Cytomegalovirus (CMV)

Further tests may be needed. The clinic will pay for all tests required.

Medical Consultation with Fertility Specialist

To ensure that you are medically suitable to become a sperm donor you will require a consultation with one of our fertility specialists.

The specialist will review your test results, your medical and family history.

Any results from your medical check-up and blood tests will be given to you and there is no charge for this service.

Appointment with Fertility Coordinator

The fertility coordinator will discuss the donation protocol, information concerning legalities and consenting process with you. This appointment will give you the opportunity to discuss any concerns or ask questions that you may have about the process.

Counselling

It is mandatory for men who are considering donating sperm (and their partners) to attend two counselling sessions by a nominated City Fertility Centre counsellor. The sessions are an opportunity to receive information and to have any questions answered concerning social and legal issues of sperm donation. The clinic will provide you the details for a counsellor.

This is a legal requirement and all counselling sessions will be paid for by the clinic

Review Process

Before the donations can commence, all of your test results, counselling reports and consent forms are reviewed by your fertility specialist and fertility coordinator. You will be informed when the donation process can commence.

Donation

Once all of the steps above have been completed, you can start donating. Ideally we would like a donor to provide up to five donations. There is no time-frame requirement for this; it can be flexible around your time, once a week or twice a week.

Semen donations must be produced at the clinic, to allow the scientists to confirm the identity of the donor and process the sample within the optimal time-frame.

The clinic has a private collection room onsite where you can produce your sample. We have reading and DVD material available to assist you in producing your sample. Samples must be produced without using lubricants and must be collected in the sterile containers provided. A urine test is collected each time to test for Chlamydia and Gonorrhoea. On the date of the last donation you are required to have a blood test again for Cytomegalovirus (CMV).

It is important that you inform City Fertility Centre if:

- You contract the flu or a more serious illness. Your health may affect your semen quality.
- You start taking medication.

- You and/or your sexual partner(s) contract an infectious disease such as HIV, Hepatitis, Syphilis, Herpes, Gonorrhoea or Chlamydia, either while you are an active donor or after you stop donating.
- You, your children or anyone in your family is diagnosed with a congenital or hereditary disease or illness, either while you are an active donor or after you stop donating.

Quarantine Period

The donated sperm is quarantined for six months from the date of last donation. At the end of the six month quarantine period, sperm donors are contacted to return for final screening tests to allow clearance of the sperm for use.

Sperm is Released for Use - Sperm Allocation

The recipient will be given a profile of the potential donor consisting of non-identifying details, such as: physical characteristics, interest, education and career.

According to NHMRC - Ethical guidelines on the use of Assisted Reproductive Technology in clinical practice and research (2007) the recipient is entitled to the following information about the donors:

'Details of past medical history, family history and any genetic test results that are relevant to the future health of the person born (or any subsequent offspring of that person) and the recipient of the donation; details of the physical characteristics of the gamete donor; and the number and sex of persons conceived using the gametes donated by the same gamete donor.'

Reimbursement

In Australia the donation of reproductive tissue must be altruistic. It is against the law for someone to profit from the donation of sperm (as detailed in the Human Tissue Act 1982 and NHMRC - Ethical guidelines on the use of Assisted Reproductive Technology in clinical practice and research 2007). However, we realise that your time is valuable; therefore, you will be reimbursed for each suitable sperm donation to cover reasonable expenses.

Once you have completed the initial screening process we are able to reimburse you as follows:

- **Reimbursement 1:** \$150 per approved sample, after each donation.
- **Reimbursement 2:** \$150 per approved sample, already donated (reimbursed after the final six month blood test).

Please note: if the donor's screen tests come back and are abnormal at any stage, the sperm will be discarded and further reimbursements will not be made.



Legislative Requirements

There are legal implications that need to be understood for anyone donating or receiving donated gametes or embryos. Therefore, carefully read the information presented in this section.

Sperm Donors Australia and City Fertility Centre encourage all individuals/couples to seek independent legal advice before attending the donor program.

Donor:

- A donor conceived person is entitled to know who their genetic parents are, should they want this information once they turn the age of 18. Therefore, donors must consent to their identifying information being held by the City Fertility Centre and the Victorian and New South Wales Central register. The information includes all medical and family history, identifying information about the gamete donor and the number and sex of persons conceived using the gametes provided by the same gamete donor. For further information about central registers in Victoria please refer to varta.org.au/donor-conception and in NSW please refer to <http://www.health.nsw.gov.au/art/Pages/The-Central-Register.aspx>
- Sperm donors are free to withdraw at any time unless the sperm has already been used; the term 'used' includes the creation of an embryo by the use of a donated sperm and donor insemination procedure. **NOTE:** in Victoria for removal of embryos from storage, written consent must be provided by both of the persons who produced the gametes from which the embryos are formed.
- Donors are entitled to some information about the offspring born. On request, City Fertility Centre can provide non identifying information about live births, gender of the child, number of the children and any abnormalities.

- In Australia gamete donation must be altruistic. Commercial trading in human gametes and/or the use of direct or indirect inducements must not be undertaken. The reimbursement of reasonable out-of-pocket expenses associated with the procedures is acceptable.
- The person conceived using donor gametes, and the donors of gametes, need to be protected from the consequences of having many siblings and offspring, respectively. A gamete donor is able to donate to 10 women in VIC, SA, QLD and 5 women in NSW (this includes any current or former partner of the donor). Sperm Donors Australia won't accept donors who have donated at another clinic before.
- Under Australian legislation, the woman giving birth is the legal mother of any child born. The recipient couple is financially and legally responsible for the child, and they shall have full custodial and parental rights to the child. The donor has no legal rights to the child.

Recipient:

- Recipients are entitled to some information about the gamete donor. Upon request, City Fertility Centre can provide details of the past medical and family history, details of the physical characteristics of the gamete donor and the number and sex of persons conceived using gametes donated by the same gamete donor.

Child:

- People conceived using donated gametes are entitled to know their genetic parents, should they want this information once they turn the age of 18. Therefore, donors must consent to release of identifying details at City Fertility Centre.



Where can I find more information?

Literature

Experiences Of Donor Conception: Parents, Offspring and Donors Through The Years.

By Caroline Lorbach

Frequently Asked Questions

Will donating sperm cost me anything?

No. The clinic will pay for all your medical appointments, blood tests, and counselling sessions.

What are the main benefits for me?

There are many reasons why you may consider donating your sperm, some of these reasons might include:

- To help women or couples, who cannot conceive naturally, fulfil their dream of having a family
- To find out your own fertility status
- To receive a free general health check-up including some blood tests.

What information is given to the recipients?

The recipients will be given non-identifying information about the natural characteristics of the donors to help them choose a suitable donor.

Donors are described by basic physical characteristics, social traits and medical history.

The non-identifying information available includes:

- ethnic origin
- blood group and CMV status
- physical characteristics - height, build, eye colour, hair colour, skin tone
- social traits - level of education, occupation, hobbies, special interests and skills
- medical history of the donor and his family

How many recipients can use my sperm?

Sperm donors may assist multiple recipients. Under Australian legislation, a sperm donor is able to donate to 10 women in VIC, QLD, SA and 5 women in NSW (this includes any current or former partner of the donor). This means that up to 10 or 5 women can have children, who are genetic siblings, as a result of your sperm donation. Please note there may be more than one child per family.

Will my identity ever be released?

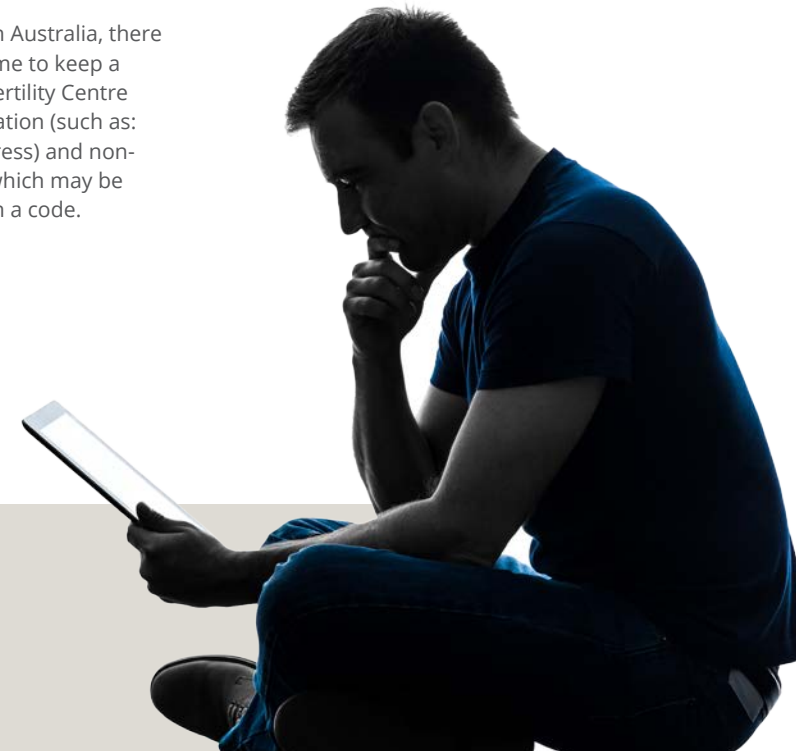
The donor conceived person is entitled to know who their genetic parents are, should they want this information. They can request access to your identity once they have either reached the age of 18 or have acquired sufficient maturity to appreciate the significance of the request. Therefore, donors must consent to their identifying information being held by City Fertility Centre and the Victorian and New South Wales Central Register.

In Victoria and New South Wales, a State Register is held of all pregnancies and births from donated sperm.

In Queensland and South Australia, there is no legislation at this time to keep a register. However, City Fertility Centre keeps identifying information (such as: name, date of birth, address) and non-identifying information which may be cross referenced through a code.

City Fertility Centre allows the following information to be supplied to the offspring through a medical practitioner or an appropriately qualified health professional:

- all medical and family history information
- identifying information about the donor
- the number and sex of the children conceived from the same donor; the number of families involved, and any identifying information that these siblings have consented to release.



For further information and support please visit:

Donor Conception Support Group: www.dcs.org.au

We are here for you

We provide you with all the support you need at every stage of the donation process. If you need more information or would simply like to speak with someone, please contact our friendly staff by calling us on the number provided below or by emailing us.

We are here to help.

Contact

Call 1800 985 838

Email info@spermdonorsaustralia.com.au

Visit spermdonorsaustralia.com.au



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