

Your Guide to Becoming a Sperm Donor







OUR MISSION

To provide compassionate and exceptional care with dignity and respect to all couples and individuals.

Welcome to City Fertility and

Sperm Donors Australia

Sperm Donors Australia was established in 2011 to provide single individuals and couples (regardless of marital or relationship status, gender identity and intersex status), who are unable to conceive naturally, with the opportunity to become parents.

Our commitment is to ensure, as a sperm donor, you have excellent medical treatment with a caring and personalised approach. We will keep you well informed throughout your journey to becoming a sperm donor.

Your decision to join our program as a sperm donor is extremely important, and for this reason, we aim to provide you with as much information as possible. Our friendly staff are available to discuss any questions you may have and provide you with comprehensive support throughout your journey.

It is important that you set aside a minimum of half an hour of your time to read the information contained in this book to ensure that you understand each step of the donation process. You will have the opportunity to discuss the donation process further during the appointment with your clinician.

If you have any questions at any stage of your treatment or would simply like to speak to someone, please contact our donor coordinator via the details provided below:



Contents

Getting Started	4	
Who is eligible to become a Clinic-Recruited Donor		
Getting Started	4	
Summary of the Donor Process	5	
Donor Process	6	
1. Contact Sperm Donors Australia	6	
2. Complete Initial Registration Form	6	
3. Donor Medical History Document	6	
4. Semen Assessment and Trial Freeze	7	
5. Screening Tests	7	
6. Medical Consultation	7	
7. Counselling	8	
8. Process Review	8	
9. Donation Phase & Genetic Screening Test	8	
10. Quarantine Period	9	
11. Release of Sperm for Use	9	
Lifestyle Factors to Consider	10	
Legalities	11	
Reimbursement	12	
Frequently Asked Questions		
We are here for you		



Getting Started

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 individuals or couples (regardless of marital or relationship status, gender identity and intersex status), known as the 'recipient(s)', in their attempt to become parents.

There are two Types of Donors

KNOWN DONOR

Donates their sperm to a known recipient such as a friend or relative.

OR

CLINIC-RECRUITED DONORS

Donates their sperm to City Fertility for allocation to a recipient NOT known to the donor.

Who is eligible to become a

Clinic-Recruited Donor

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

- You are between 18 and 45 years of age.
- Clinic-recruited donors must have a permanent address and be contactable for follow-up screening. They must be able to provide 100 points of identification and proof of address, e.g. driver's license, photo ID or passport. A current Medicare card is also required, if applicable.
- Must have the appropriate visa status with the ability to remain in Australia for the duration of the donation process.
- Student visa Sperm donors with a student visa enrolled in a full-time course will be accepted into the program. A copy of their passport and course enrolment details are required.
- Working holiday visa Sperm donors with a working holiday visa are also accepted into the program. A copy of their passport and a copy of their visa will be required.

- 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 thorough family medical history.
- You have a low risk for sexually transmitted diseases and Hepatitis C.
- You have not reached the total family limit as per state legislation/regulations.



A minimum of 9 months remaining on your visa is required for both student and working holiday visas to ensure there is ample time to complete the donation process.



Summary of the

Donor Process

1

CONTACT SPERM DONORS AUSTRALIA



2

COMPLETE INITIAL REGISTRATION FORM



3

DONOR MEDICAL HISTORY DOCUMENT



4

SEMEN ASSESSMENT & TRIAL FREEZE



5

SCREENING TESTS



6

MEDICAL CONSULTATION





7

COUNSELLING



8

PROCESS REVIEW



9

DONATION
PHASE & GENETIC
SCREENING TEST



10

QUARANTINE PERIOD



11

RELEASE OF SPERM FOR USE



Donor Process

1. Contact Sperm Donors Australia

Simply visit: **spermdonorsaustralia.com.au** where you can register your interest or request an initial appointment by emailing: **sdainfo@cityfertility.com.au**

Alternatively you can call us on: **1800 985 838** to either arrange an initial appointment or request further information.

2. Complete Initial Registration Form

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.

3. Donor Medical History Document

The next step in becoming a sperm donor is to complete the Donor Medical History Document. This form includes information about your medical history and your immediate and extended family. These questions are a vital part of our efforts to reduce and eliminate the risk of any diseases or genetic abnormalities being passed on to any children born from your donated gametes.

If you do not know the answer to any of the questions in the Donor Medical History Document please check with the donor coordinator or clinician before choosing an answer

SPERM DONOR CONSENT FORM

The sperm donor consent form is comprised of:

- Non-Identifying information: the information provided by you is what we use to create your profile, which prospective recipients of donor sperm will view when they are choosing a donor.
- Identifying Information: in accordance with current legislation and City Fertility policy, certain identifying information is required. Please refer to the section titled "Legalities" for further information
- Medical procedure consent
- The sperm donor consent form is required prior to starting your donations.
- A number of steps can be completed in tandem to reduce the number of appointments and time involved.



City Fertility imposes a maximum time limit of 10 years on storage of sperm donations. You may specify a shorter period of storage and also request a longer storage period if you wish. Any applications to extend your storage for a longer period must be submitted in writing to City Fertility. After the maximum storage period, if you have not made contact with City Fertility, we will undertake all reasonable efforts to contact you prior to the disposal of your donated sperm at the expiry of the storage time limits.

O

HOW TO COMPLETE A CONSENT FORM

- All forms must be completed with a black or blue ball-point pen.
- All choices must be signed, dated, and fully completed (including by partner if applicable).
- All amendments must be striked through with a straight line, initialed, witnessed, and dated.
- Partners (if applicable) may not witness each other's signatures.
- Liquid paper cannot be used to delete an error.
- In the partner section of the consent forms, if the donor is single, the section must state "not applicable".
- A staff member of City Fertility can also be your witness if required.
- Known donors The recipients to your donated sperm may not be your witness.

HOW TO RETURN YOUR CONSENT FORMS?

Your fully completed consent forms can be scanned and emailed to:

sdainfo@cityfertility.com.au

4. Semen Assessment and Trial Freeze

City Fertility scientists will analyse your semen sample. The test evaluates the amount and quality of semen to determine fertility. The following parameters are considered:

- Motility: movement of the sperm ("swimming ability").
- Morphology: percentage of sperm that have a normal shape.
- **Count:** the number of individual sperm present in the ejaculation.
- Vitality: the sperm's ability to live and endure.

After the first test is completed the scientist will freeze the sperm and then thaw and perform a secondary analysis.

The results from your analysis will be sent to your clinician and the donor coordinator.

To prepare for your analysis you will need to abstain from ejaculating for at least 2 full days prior to your appointment, but no more than 5.

A urine test is also required on the day of your semen analysis to check for gonorrhea and chlamydia.

Semen analysis testing is performed at the clinic.

5. Screening Tests

As part of the screening process sperm donors and their partners (if applicable) are required to undergo a number of routine pathology tests. These mandatory blood tests are to prevent infections/conditions being passed on to the baby in-utero, and potentially causing harm to the pregnancy and/or the baby's wellbeing.

The City Fertility clinician or donor coordinator will provide you and your partner (if applicable) with a pathology slip to attend pathology tests at a nominated pathology centre.

THESE ARE THE TESTS REQUIRED

DONOR

- HIV
- Hepatitis B & C
- Cytomegalovirus (CMV)
- Human T-Lymphotropic Virus (HTLV) 1+2
- Syphilis
- Karyotype
- Blood Group
- · Urine Test -
 - Gonorrhoea
 - Chlamydia

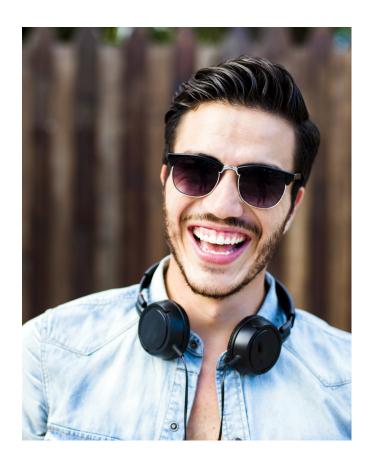
PARTNER (IF APPLICABLE)

- HIV
- Hepatitis B & C
- Cytomegalovirus (CMV)
- HTLV 1 & 2
- Syphilis
- Urine Test -
 - Gonorrhoea
 - Chlamydia

Please note: Further testing may be ordered if required.

6. Medical Consultation

To ensure that you are medically suitable to become a sperm donor you will require a consultation with one of our clinicians in person, via video conferencing, or telehealth. The clinician will review your test results, your medical and family history. All the results from your medical check-up and blood tests will be discussed with you .





Donor Process

7. Counselling

You and your partner (if applicable) will need to attend a minimum of two counselling sessions by a nominated City Fertility ANZICA registered counsellor. This is a legal requirement in Australia.

The sessions are an opportunity to receive information and to have any questions answered concerning social and legal issues surrounding sperm donation.

The clinic will provide you with the contact details for the counsellor.

Known donors - A joint counselling session is also required with the recipient/recipient couple



All donor-related counselling will be paid for by the recipient.

8. Process Review

Before your donation can commence, all of your test results, counselling reports, and consent forms must be returned so these can be reviewed by your clinician and donor coordinator.

You will be informed when the donation process can commence.

All clinic-recruited sperm donors are required to complete extended genetic carrier screening tests to determine whether they are a carrier of a genetic abnormality. If both the donor and recipient are carriers for the same genetic disorder there is a 1 in 4 chance that their child will be born with that disease.

The panel is made up of 550+ conditions.

The results will be forwarded to the clinician for review.



Prior to completing the saliva test please DO NOT eat, drink (even water), smoke, chew gum or brush your teeth for at least 30 minutes prior.

Should your results come back positive for a genetic disorder, counselling with a geneticist is available. A positive result may also impact your ability to get life insurance and therefore, we recommend that you speak to your insurance provider for further information before considering becoming a donor.

Known donors - Extended genetic carrier screening is not compulsory for a known donor but it is recommended.



Your clinician may order further screening test for you and your partner (if applicable).

9. Donation Phase & Genetic Screening Test

You will be required to provide between 5-10 donations. Ideally, we would like you to make at least one donation per week. You can donate up to 3 times per week.

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



Please abstain from ejaculation for a minimum of 48 hours (2 full days) prior to all semen donations, but, no more than 5 days.





Printed and video material is provided to assist you with producing your sample, which you can find located in our men's room, at the clinic.



Samples must be produced without using lubricants and must be collected in the sterile containers provided.

A urine test is collected at the time of each donation to test for Chlamydia and Gonorrhea. On the date of the last donation, you are required to have a repeat blood test for CMV.



Important

- · Please inform us if you get the flu or any other illness during or leading up to the donation period.
- · Please inform us if you begin taking any medications.
- Please inform us if you and/or your sexual partner contract an STD.

• Please inform us if you or any family members are diagnosed with an inherited disease or illness.

10. Quarantine Period

A three-month quarantine period applies to all clinicrecruited sperm donors. At the end of the threemonth quarantine period, you will be contacted by the clinic to return for a final screening test to allow clearance of your sperm for use. This ensures any infections are not passed onto the recipient.

Your partner (If applicable) will not be required to complete quarantine bloods.

Known donor - It is recommended (but not compulsory) that donated sperm from a known donor is stored for a quarantine period of three months before release for use to the recipient.

11. Release of Sperm for Use

Once the donated sperm passes the quarantine phase, it is released for use and added to City Fertility's Sperm Bank.



Lifestyle Factors to Consider

Smoking and Vaping

Smoking reduces sperm quality, giving you a lower sperm count, less semen, and poorer sperm movement. The more you smoke, the worse your sperm quality is.

It takes around three months for new sperm to fully develop, so we encourage you to remain smoke-free before and during donations.

Alcohol

Having the occasional alcoholic drink is unlikely to affect your fertility. But heavy drinking can reduce sperm quality, lower testosterone production, and make it harder to achieve an erection. It can also lead to liver damage, which affects both your general and reproductive health. We recommend cutting out or reducing alcohol consumption before and during donations.

Certain Drugs and Medications

Using anabolic steroids (drugs that act like testosterone) lowers your fertility, with long-term and sometimes irreversible effects on sperm count and quality.

Some prescribed medications and recreational drugs can also lower fertility or sexual function. These include:

- Long-term use of painkillers that contain opiates
- Medications for treating depression and anxiety
- · Chemotherapy or radiotherapy treatments for cancer
- Recreational drugs

Please advise City Fertility if you commence any medications before or during the donation period.

Environmental and Occupational Chemicals

If you are exposed to chemicals in your workplace, it is important to wear protective clothing and follow occupational health and safety guidelines.

It is best to avoid exposure to harmful chemicals, including pesticides, herbicides, heavy metals, and household chemicals. Of course, it can be hard to avoid all contact, but the best thing to do is to keep your exposure down as much as you can.

Diet and Exercise

It is important to have a balanced and nutritious diet and regular physical activity before and during donations. It is also advised to limit your caffeine intake during the donation phase.

Importance of Protected Intercourse to avoid STDs

6

If you think you might have contracted a sexually transmitted disease during the donation phase or the three-month quarantine period, it is important that you notify City Fertility immediately.





Legalities

Before deciding to become a sperm donor it is important that, you and your partner (if applicable), understand the legal implications of becoming an unknown donor.

Once the clinic-recruited donor sperm has been used for treatment, the recipient couple is financially and legally responsible for the child. Clinic-recruited donors have no legal rights or obligations to the child born as a result from their donation.

Your donations will be available to all people wanting Assisted Reproductive Treatment (ART) regardless of marital status, religion or sexual orientation.

Sperm donors must be aware of all state legislation or regulations as donations may be moved between the states.

As of 2008, under the ART Act, any child from your donations is entitled to know their genetic origin. At 18 years (16 years in WA and QLD), they have the right to receive identifying information and medical history about their donor.

A child can request this information younger than 18 years if a counsellor considers that they are mature enough.

Sperm donors are free to withdraw or vary their consent for donations as indicated in the relevant state legislation.

Each state in Australia has different laws associated with being a donor. As outlined below:

	Legislation or Regulations	Family/ women limit	Withdrawal of consent	Access to information by donor conceived child
Queensland	QLD ART Act	10 family limit	Withdraw consent any time prior to creation of embryos or prior to an insemination procedure.	16 years old - QLD Department of Health Central Donor Conception Register
New South Wales	NSW ART Act	5 family limit – including the donor's family	Withdraw consent any time prior to creation of embryos or prior to an insemination procedure.	18 years old – NSW Department of Health Central Donor Conception Register
Victoria	VIC ART Act, VIC ART Regulations	10 woman limit – including the donor's family	Withdraw consent any time prior to creation of embryos or prior to an insemination procedure.	18 years old - VARTA Donor Conception Register (Central and Voluntary)
Western Australia	WA HRT Act, Artificial Conception Act (WA)	5 family limit worldwide – excluding the donor's family	Withdraw consent any time prior to creation of embryos or prior to an insemination procedure.	16 years – WA Department of Health Donor Conception Register. JIGSAW DNA Connect - Voluntary

Upon request, donors are entitled to know if any of their donations have resulted in a live birth, the age and sex of the child, and if any birth abnormalities have occurred.

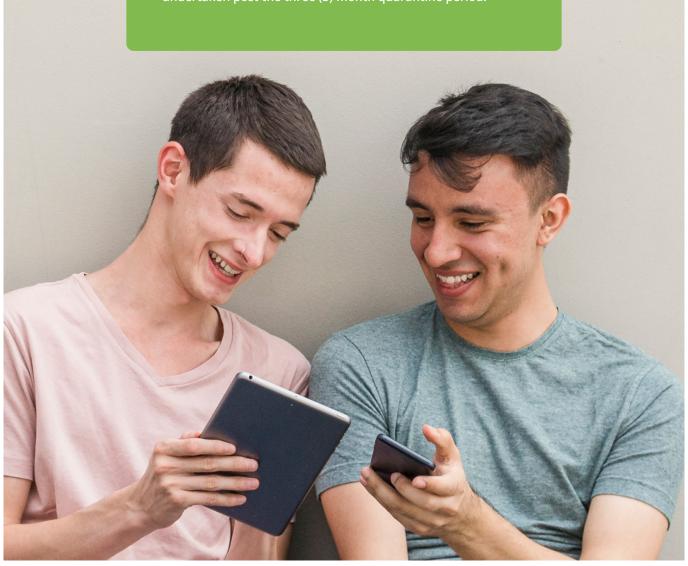
City Fertility encourage all individuals/couples to seek independent legal advice before becoming a donor.



Reimbursement

All sperm donations within Australia, by law, must be altruistic meaning that you are not able to profit from becoming a sperm donor. However, we understand that becoming a sperm donor requires time and effort and therefore you will be reimbursed for any expenses that you incur that are directly related to the donation process such as parking, travel, medical expenses and loss of earnings. For reimbursement to occur all expenses need to be substantiated by receipts and proof of your hourly rate is needed to calculate your loss of earnings whilst attending appointments.

Reimbursement occurs at the end of the donation process once all verifiable out-of-pocket expenses relating to the donation have been finalised. The donation process is considered to be complete once the final blood test is undertaken post the three (3) month quarantine period.



Frequently Asked Questions

Will Donating Sperm Cost me Anything?

No. The clinic will reimburse all your medical appointments, pathology 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 individuals 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 pathology tests and extended carrier screenings.

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 their family.

How Many Recipients can use my Sperm?

Sperm donors may assist multiple recipients. Under legislation, a sperm donor is able to donate to 10 individuals in Victoria, 10 families in Queensland, and 5 families in New South Wales (this includes the donor and any current or former partner of the donor). In Western Australia, donors can donate to 5 families worldwide (excluding their own family).



Multiple children can be born within each family.

Who Will Receive my Sperm?

Fertility treatments using a sperm donor are available to single individuals and all gender and sexually diverse couples. Fertility units are required by law not to discriminate on the grounds of marital or relationship status, gender identity and intersex status.

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 (16 in Western Australia and Queensland) 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, the Victorian, New South Wales, Western Australian or Queensland Central Register. In Victoria, New South Wales, Western Australia and Queensland, a state register is held of all pregnancies and births from donated sperm.



We are here for you

We aim to provide you (and your partner) 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 or emailing us on the details provided below.

We are here to help.



DS220 0620 0524



Contact

Call 1800 985 838

Email sdainfo@cityfertility.com.au

Visit spermdonorsaustralia.com.au

