



Once all of the above has been completed and your results have been assessed to be within normal limits, we have a **cooling off period of 3 months**. Being a donor is a huge decision to be making and we have to give you, your partner (if you have one), and

the clinic time to make sure that this is the path you wish to follow.

When the cooling off time has passed and you still wish to donate, you can sign a reaffirmation declaration and relevant consents which will be provided to you in advance to read. We strongly encourage donors (and partners) and the recipients become known to each other although this is not mandatory. If both parties agree to a meeting, this introduction is facilitated through a Fertility Solutions counselor.

Some people actually ask to donate their eggs, sperm or embryos to a couple that they nominate, it may be a friend or perhaps family member who are having fertility issues. If you are unsure who you may be able to donate to just ask.

#### Considering Embryo Donation:

This can indeed be a difficult decision for someone to make. **It is Fertility Solutions' policy that a decision about surplus embryo/gamete storage should not be made until the youngest offspring is 12 months old or, where treatment has unfortunately not been successful, not until 12 months after the date of the last fertility treatment. Where a patient or couple insists on the disposal of the stored gametes or embryos prior to this time passing, Fertility Solutions requires that the individual/couple seek counselling with one of our approved counsellors prior to confirming the decision.**

You are of course invited to access a psychologist to assist you in the decision making process at any time.

#### Counselling

Counselling is a mandatory requirement for couples who are considering donating unused gametes or embryos or those considering using donor gametes to make sure that all participants are fully aware of the immediate and long term implications of the donation, and are comfortable to proceed. Most people find the donor counselling process very informative and not the daunting process they initially thought.

#### Cost for Counselling

When considering donating, Fertility Solutions will pay for the initial decision making counselling consultation only, however, should you decide to donate your semen/egg(s)/embryos, Fertility Solutions will pay for any further counselling necessary around the donation process.

**WOW - that's a lot to think about.** Thank you for taking some of your valuable time to read all this information.

#### A message from one of our recruited sperm donors:

*Having children and witnessing their development into amazing and unique individuals has been, for us, the most fulfilling and exciting experience possible. In our case it was easy, but we can empathise with those who, for whatever reasons, do not have such a smooth path. The opportunity then to provide assistance through sperm donation presented as a very natural and worthwhile option. We have found the staff to be wonderful, friendly, genuinely caring and superbly organised. We are tremendously happy to be part of their efforts to bring the joy of parenthood to others, and urge others also to become part of the giving.*

#### I WOULD LIKE TO DONATE, WHAT DO I DO NEXT?

You don't need a referral from a doctor if you would like to have further discussions we would be delighted to arrange a suitable time. Please contact us now on 1300 FERTILITY (337 845) or you can email us at [enquiries@fssc.com.au](mailto:enquiries@fssc.com.au) and ask for an appointment with our **Donor Nurse Coordinator**.

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(07) 5478 2482**

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\*Although Fertility Solutions have made every effort to ensure the accuracy and completeness of information contained in this brochure, we assume no responsibility for errors, inaccuracies, omissions or any inconsistency herein. If you are unsure of anything, please ask your local doctor or contact Fertility Solutions. Version 2 June 2013.



fertility  
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SUNSHINE COAST AND BUNDABERG

**We donate our blood,  
our organs & our time....  
what about donating  
the Gift of Life?**

**(Donating Sperm, Eggs and Embryos)**



# HOPE

## Introduction

Donation of sperm or eggs (known as gametes), and embryos is a very important part of fertility treatment. There are many couples and individuals who are desperate to have a baby who either need donor sperm, eggs and more often than you may think embryos to start a family.

**The gift of donating sperm, eggs and embryos can be one of the greatest gifts of all, giving someone a chance of becoming a parent, an opportunity that they may otherwise not have.**

Fertility Solution's donor program facilitates treatment with known or clinic recruited donors. For those wishing to use clinic recruited donors, we have established an organised system, including a waitlist to ensure fair and non-discriminatory access for women and couples to treatment with donor embryos and gametes.

Donating can be a particularly emotional and complex form of treatment and becoming a donor has serious long-term implications for the donor and his/her own families. It is for this reason that Fertility Solutions carries out a thorough process of preparation for both the donor (and partner) and the recipient(s).

This process involves thorough medical assessments, detailed testing and extended counselling of all parties involved in the donation process, including the recipient(s), the donor and the donor's family.

The most important aspect of preparing all parties for the donation is to ensure that everyone involved makes the right decisions for themselves and their family: decisions that they will be comfortable with in 10, 15 or 20 years' time.

To assist in this process a lot of time will be spent going through the social, emotional and legal issues with you as a potential donor. We will also assist you in considering the potential implications for you, your family and any children involved.

## What do I need to do to become a donor?

To be considered as a donor the following criteria should be met:

- The donor is not currently undergoing fertility treatment themselves.

# WISH

- If wanting to donate sperm a male must be over the age of 21 and under 45 at the time of donation. If wanting to donate eggs then the female must be over the age of 21 and under 37.

- The donor should preferably have proven fertility and preferably have completed their own family (these criteria are preferable but not completely necessary).

- There must be no evidence of coercion (i.e. recipient to donor).

- In Australia it is not legal to buy and sell human tissue therefore no payments are to pass between the donor and the recipient. We do ensure that donors are not out of pocket for completing the process that determines their suitability to donate.

- The donor must be prepared to be known to any offspring once the offspring reach the age of 18.

- Fertility Solutions has a limit of 10 families per donor. If you already have children in a relationship this will count as one family.

- If you have a current partner, the decision to donate must be made in conjunction with this partner, ensuring that the decision you make is voluntary and with fully informed consent. We invite everyone to be involved so that everyone moving towards the same goal and is on the same page.

- You must be prepared to complete and sign a lifestyle declaration. This document states that yourself and your partner (if you have one), have lead a life style that has resulted in a reduced risk of the transmission of any infectious diseases.

- If you are considering sperm donation you must be prepared to undergo a nationwide police check to confirm that confirms you have no 'disclosable' convictions or have a 'disclosable' conviction that is detailed in the Certificate.

- People considering donating will need to undergo a full medical, physical examination and family history. This will be carried out by a fertility specialist and a clinical geneticist so as to minimize the risk of possible transmission of infectious or genetic diseases. The consultation with the clinical geneticist can be face to face or over the phone – the choice is yours.

# DREAM

- We will have to do some infectious screening tests on you and your partner (if you have one). The screening tests for you may include, but are not limited to:

- Blood Group (blood test)
- HIV 1&2 - AIDS (blood test)
- Hepatitis B & C (blood test)
- Syphilis (blood test)
- Cytomegalovirus (CMV) (blood test)
- Chlamydia (Urine Sample)
- Gonorrhoea (Urine Sample)

The screening tests for your partner (if you have one) may include, but are not limited to:

- HIV 1&2 - AIDS
- Hepatitis B & C
- Syphilis
- Chlamydia (Urine Sample)
- Gonorrhoea (Urine Sample)

- We also need you to have genetic screening (blood tests) (partners also if considering donating embryos). These include Cystic Fibrosis test (1 in 25 Australians are carriers for this gene) and a Karyotype/Chromosome Analysis (making sure you have the correct number of chromosomes).

- At least one mandatory counseling session with your partner (if you have one), and a Fertility Solutions counselor. Sometimes more than one session is needed to assist you in your decision.

- If you are considering sperm donation we need to have a look at your sperm. You will need to produce a semen sample via masturbation. This sample can be produced at home if this is more comfortable for you or you can produce the sample at Fertility Solutions in our dedicated, private room. To be a sperm donor, it is preferable that you have a normal semen analysis, although if your semen analysis is not normal you may still be able to be considered as a donor for couples who need IVF. For information on what happens with a semen analysis, please ask for one of our Semen Analysis brochures. Lastly we will do a trial freeze of your semen and then a day or so later thaw the semen and perform another assessment. The thaw results must be within normal limits with sufficient sperm surviving being frozen to -196°C and then thawed back to room temperature.