

Sperm Donation Leaflet



Information for Prospective Donors



Who is this booklet for?

This booklet is about sperm donation and has been designed for men who are considering donating their sperm in order to help infertile couples, same-sex couples, or single women conceive. Donated sperm can be kept in storage for up to 55 years.

Why are sperm donors needed?

Sperm donors are nationally in short supply and many couples are on waiting lists to receive donor sperm. There are a number of reasons why donated sperm is required by infertile couples:

- There may be no sperm present in the ejaculate of the male partner – either due to blockage, vasectomy, testicular failure or sterility following chemotherapy
- The male partner may not be able to ejaculate normally
- The male partner's sperm may be of such poor quality that it is not able to fertilise his partner's eggs
- The male partner may be at risk of passing on an inherited disease or may have an unusual genetic make-up which could put any of his children at risk
- Treating single women and same sex couples
- Known donors give their sperm specifically to someone they know

Who is suitable for sperm donation?

There are a number of criteria that have to be met to be considered for sperm donation:

- You should be aged between 18 and 45
- No history of transmissible disease
- No personal or family history of inheritable disorders
- No higher risk of transferring a prion-related disease (i.e., CJD)
- Able to commit to donating for 3-6 months and able to return for repeat blood tests 6 months after your last donation.
- No previous donations at any other centre

What does the donation process involve?

An initial questionnaire, to assess suitability, will be sent to you for completion. Once this has been returned and reviewed by clinic staff you will be contacted to arrange an appointment for us to assess your sperm quality. Your sample will be assessed for sperm count, percentage motile, percentage normal and a test freeze and thaw would be performed. If your sample meets our criteria, we would then arrange an appointment with our counsellor to discuss the implications of sperm donation. You will also require an appointment to complete the necessary consent forms, have some blood tests taken and provide a urine sample. Screening includes the following:

HIV	Hepatitis B
Hepatitis C	Karyotype (your genetic make-up)
Syphilis	Cystic Fibrosis (to see if you are a carrier)
Cytomegalovirus	Gonorrhoea
Chlamydia	

Other tests may be required according to ethnicity/ geography/ medical history, such as HTLV, Tay Sachs, Sickle Cell, α or β Thalassaemia, glucose-6-phosphate dehydrogenase deficiency, Malaria, T. Cruzi.

These blood tests are all taken at the same time and only require one needle to be inserted into the arm.

At this appointment you will also be given a form to take home with you to write a little bit about yourself. This form provides the only, freely accessible, personal information about you to prospective parents and to any resulting child and can be very beneficial in order for that child to understand their own personality, likes and dislikes etc.

Finally, there is an appointment with one of our doctors who will carry out a physical examination to check for any sexually transmitted infections. If you practice anal sex, we will also need to perform a rectal swab. We will try to do as many of these appointments as we can on the same day to minimise any inconvenience. Once we have received all the tests back you can begin to donate. Screening may not 100% effective and you must tell us in future if you become aware of heritable illness.

How many samples will I have to provide?

Every donor will provide a different number of samples; however, the average is 15 samples. We will let you know when you have provided enough samples.

Will I receive expenses?

Expenses may be claimed by donors to cover costs incurred with the donation process, excluding loss of earnings. You can be reimbursed up to £45 for each sample you provide, as per HFEA code of practice. Expenses will be discussed at your initial appointment and will be payable upon completion of your donation period.

When can I donate?

You can attend the unit to produce a sample Monday – Friday 9am to 2pm. Donation appointments must be booked in advance. Exceptions can be made to suit your working times if at all possible. We are not open at weekends or on bank holidays.

Important considerations

We require a number of blood tests to be taken. It is worthwhile bearing in mind that your results may not all be negative, for example we may find out that you are a cystic fibrosis carrier. If any irregularities were found in either of your blood tests, we would inform you and invite you for an appointment to discuss this.

Any children born as a result of this donation can find out:

- anonymous information about the donor and any donor-conceived genetic siblings, from the age of 16
- identifying information about the donor, from the age of 18
- identifying information about donor-conceived genetic siblings, with mutual consent, from the age of 18
- information about the possibility of being related to the person they intend to marry/ enter into a civil partnership with, at any age
- information about the possibility of being related to the person they intend to enter into an intimate physical relationship with, from the age of 16

Personal details such as your name, date of birth and last known address will be held on a register at the Human Fertilisation and Embryology Authority (HFEA).

The increasing popularity of direct-to-consumer DNA testing has made it possible for donors and donor-conceived people to become identifiable to each other outside of the current, managed system of information provision. This can happen if they, or a close family relative, sign up to such a service that allows for genetic matching. Many people undergo these DNA tests to learn more about their family heritage, however it has introduced the possibility of a donor or donor-conceived person (or a close relative) of being matched with one another.

You should not have unprotected sexual intercourse during the course of your donation unless with a regular partner. You should also not take any medication/supplements you bought over the internet or take any illegal substances as these may have a negative impact on the sperm.

What will the recipients be told about me?

Only non-identifying information can be given. Physical characteristics such as height, hair colour and eye colour are given so as to try and obtain as close a match as possible or one that is acceptable to the recipient. Other non-identifying information such as your interests and hobbies may also be disclosed.

Can I find out if any children have been born as a result of my donation?

You can contact our clinic and we will be able to tell you whether any children have been born as a result of your donation. You can be told the number of births, the sex of the child and the year of birth, providing that this information will not identify the child.

How many families can I help create?

Donors are able to help the creation of up to 10 families. Each family may consist of more than one donor-conceived child because genetic siblings or half siblings sharing at least one legal parent will be considered to belong to the same family.

Will I have any responsibility towards a child born as a result of my donation?

No. You will not be legally or financially responsible for any child born as a result of your donation. You will have no legal claim to them, and they will have no legal claim to you.

What happens if I change my mind?

You can change or withdraw your consent up to the point at which any sperm, (or any embryos created from donated sperm) are transferred to the recipient.

There are currently very few donors available for recipients so thank you very much for considering sperm donation and for reading this document. If we can provide any additional information, please do not hesitate to contact the unit on our direct line number: 0116 2585922.

Our commitment to patients

We are constantly striving to improve our services to patients, and we will welcome your comments or suggestions for improvement.

Leicester Fertility Centre Contact Details

Tel: 0116 2585922
E-mail: LFCinfo@uhl-tr.nhs.uk
Website: www.leicesterfertilitycentre.org.uk

Useful addresses

Human Fertilisation and Embryology Authority: www.hfea.gov.uk

www.hfea.gov.uk/donation/donors

NICE guidelines: www.nice.org.uk

NHS - Response line: 111.nhs.uk / 111

NHS - Smoking helpline: 0300 123 1044

Fertility Network UK: www.fertilitynetworkuk.org / 0121 323 5025

Donor Conception Network www.dcnetwork.org

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

United against violence & abuse (UAVA)

Helpline: 0808 802 0028

Email: info@uava.org.uk

Text support: 07715 994 962



This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance, and you should discuss this with the clinical staff at the time of your appointment.

Questions

If you have any questions write them down here to remind you what to ask when you speak to your consultant.



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you need information in a different language or format, please call the number(s) below or email equality@uhl-tr.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર ફોન કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

0116 258 4382 or 0116 250 2959