

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, with your permission, we will contact your GP to ask if they have any relevant medical information that may affect you becoming a donor with us; we will also request any medical notes about you from the main hospital. Once this information has been obtained your application and relevant tests are shown to a multidisciplinary panel that will make the final decision regarding suitability for sperm donation at LFC.

Following this we will arrange for you to have two implication counselling appointments with the centre's counsellor, to discuss the social aspects and implications of donating sperm, and to provide you with additional information and support.

Subsequently, you will be given the necessary consent forms to read, have the opportunity to ask questions and complete them. You will also require an appointment to 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.

How long will my samples be stored for?

You have the right to consent to storage of your donation for up to 55 years. You can specify any period of storage up to 55 years and do not need to renew your consent,

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

What will the recipients and children born as a result of my donation be told about me?

Patients receiving treatment and children born as a result of donation will have access to the following non-identifying information, held on the HFEA Register:

- physical description (height, weight, eye, hair and skin colour)
- their year and country of birth
- their ethnicity
- whether the donor has children, and the number and sex of those children

- other details supplied by the donor (e.g. occupation, religion and interests)
- if known, whether the donor was adopted or donor conceived
- marital status at the time of donation
- details of screening tests and medical history
- skills
- reasons for donating
- a goodwill message
- the pen-portrait description of themselves

Please note that the HFEA is legally obliged to disclose the information set out above to anyone conceived as a result of your donation.

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 Leicester Fertility Centre will make a reasonable attempt to contact you and forewarn you before disclosing identifiable details to anyone born as a result of your donation. **Thus, you are encouraged to provide up-to-date contact details to facilitate this.**

Transgender donors

Transgender donors are advised that information disclosed by the HFEA to anyone born as a result of their donation may reveal the donor's gender history (eg, where a trans woman donated sperm and registered with the clinic and the HFEA in her acquired female gender. On disclosure of her identifying information, it will be apparent to the person born as a result of her donation that she is a trans woman having donated sperm).

Donors who are, or will be, transitioning have the option to notify the clinic or HFEA that they have transitioned and may, if they wish, provide details of their acquired identity so that the HFEA Register can be updated. This will allow anyone conceived as a result of their donation at age 18 to find out about the donor's current identity.

The increasing popularity of direct-to-consumer DNA testing and matching services 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. Neither the donor nor the donor-conceived person themselves necessarily need to be signed up to such a service for a genetic link, and possibly even their identity, to be inferred. 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. If a donor has joined a DNA testing service themselves and opted into matching, this will increase the likelihood of them being directly identifiable to genetic relatives that they are matched with. This has implications for the families of donors if they have previously been unaware that donation has occurred. Moreover, it can result in a donor-conceived person who has previously been unaware of their origins discovering this for the first time.

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.

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.

Please be aware that any restrictions imposed by the donor may be incompatible with the Equality Act 2010. The Equality Act prohibits clinics from discriminating by treating people less favourably because of various protected characteristics such as: (a) age (b) disability; (c) gender reassignment (d) marriage and civil partnership (e) pregnancy and maternity (f) race (g) religion or belief (h) sex and (i) sexual orientation.

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.

The use of sperm or embryos for training

At the end of your treatment cycle there may be unused sperm and embryos created with donor sperm that are unsuitable for freezing. On your HFEA MD consent form you have the option to allow sperm/embryos to be used for training purposes prior to their discard. You can either tick 'no' in which case the sperm/embryos that were not used in your treatment will be discarded, or you can tick 'yes'.

Please note that it is not possible to consent to use in training or research without consenting to storage.

If you tick 'yes' for training, then nothing will be done until the end of your treatment cycle. You can withdraw your consent at any time prior

to their use in training. There is no financial benefit from consenting for your sperm/embryos for training. Selecting either 'yes' or 'no' for the use of your sperm/embryos for training will not impact on the care you receive. You can also consent to allow samples to be stored for use in training in the future which enables staff to maximise the benefit. The forms also allow you to specify your wishes about training in the event of death and mental incapacitation separately.

Your consent forms will be checked prior to treatment and your wishes will be logged on the laboratory paperwork. If at the end of your treatment cycle, the sperm/embryos are to be used for training purposes then two members of the embryology team will recheck the HFEA MD form to confirm that valid consent is in place. To ensure no conflict of interest, if the staff member who carried out the assessment of fertilisation or development would also be the one using the samples in training, then the grading would be confirmed by another qualified member of staff by review of the time lapse footage.

Any sperm/embryos to be used in training will be transferred to a new container and kept in a separate incubator space to any sperm/embryos in use. A log is kept of all sperms/embryos used for training, including which staff member has used them and for what technique. The sperm/embryos could be used for the purpose of training staff in embryo biopsy, embryo storage or other embryological techniques as per the HFE Act 2008 (for example moving embryos or sperms from one dish to another or sperm injections). We would not attempt to create any embryos when training with the sperm. The gametes would also not be used to 'test' or 'validate' equipment as per the HFE Act 2008.

Please note that recipients of donor sperms or embryos created with donor sperm, may not be able to donate their embryos for training depending on what the donor has consented to.

As not all sperm/embryos available from patients who consented to training are required by staff, it is not guaranteed that samples will always be used in training. If you would like to know, after your treatment cycle is complete, you can ask if your samples were used and for what technique. Once the training has been completed the sperms/

embryos would be discarded and not used for any other purpose. By allowing your sperm/embryos to be used for training you are helping the embryologists and patients of tomorrow and we thank you for your help.

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: Uhl-tr.LeicesterFertilityCentre@nhs.net

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](tel:111) / 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.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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 ફપા 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