

CONCEPT FERTILITY DONOR PROGRAM



Known Sperm Donation
Information Booklet

Welcome

to the Concept Fertility Donor Program and thank you for allowing us to help guide you through your fertility journey. This booklet contains information regarding each step of the process for known sperm donation, for both you and your donor.

As the recipient, you are responsible for meeting the costs of all relevant medical appointments, screening and counselling, so where possible, an approximation of cost has been provided.

Please read through the information carefully and direct any questions you may have to the Donor Coordinator at donor@conceptfertility.com.au. We look forward to assisting you through this process.

STEP ONE: GP REFERRAL

RECIPIENT

The first step is to see your General Practitioner (GP) and request a referral to see one of our fertility specialists. A GP referral is a requirement to ensure that you are eligible for a Medicare rebate. A GP referral is valid for 12 months.

DONOR

The first step is to see your General Practitioner (GP) and **request a referral to see the same fertility specialist as the recipient of your donation.** A GP referral is a requirement to ensure that your recipient will be able to claim a Medicare rebate. A GP referral is valid for 12 months.

Request a pathology form from your GP for the following tests to be completed at Concept Fertility Centre:

- **Semen Analysis**
- **Test Freeze**
- **DNA Fragmentation**
- **Semen Microculture**

STEP TWO: SEMEN ANALYSIS

RECIPIENT

No action required.
Approximate Cost: \$200

DONOR

Call Concept Fertility Centre and speak to reception, who will book you in for a semen analysis at a time that suits you. **Our available times are 8am to 2pm Monday to Saturday.**

Concept Fertility Centre has two private Men's Rooms for the purposes of providing your sample.

STEP THREE: CHOOSE A SPECIALIST

RECIPIENT

We have five specialists with referring rights to the Concept Fertility Donor Program. Please select from the links below to learn more about each doctor and how to make an appointment with them.

Please note that Dr Adam Gubbay offers intrauterine insemination and cycle tracking only.

Your donor should see the specialist before you do, as their sperm quality may affect your treatment. Please see Sperm Quality for more information. During your appointment, your doctor will complete a *Recipient Donor Allocation Form*, which will prompt the Donor Coordinator to contact you for the next step.

DONOR

Make an appointment to see the specialist that your recipient has chosen. **You should see the specialist before the recipient.**

Please ensure that there is at least one week between your semen analysis and your specialist appointment to allow enough time for your analysis results to be available at the appointment.

During your appointment, you and your doctor will complete a *Donor Application and Approval Form*, which will qualify you to proceed as a known donor.

Approximate Cost: \$150 - \$350



Dr Lucy Williams



Dr Kevin Artley



Dr Graeme Thompson



Dr Mini Zachariah



Dr Adam Gubbay

Some of our specialists will only see patients with private health insurance. Please see the table on the following page before you call to book an appointment.

Specialist	Private Health Insurance Required?	
	Yes	No
Dr Lucy Williams		✓
Dr Kevin Artley		✓
Dr Graeme Thompson	✓	
Dr Mini Zachariah	✓	
Dr Adam Gubbay	✓	

STEP FOUR: INITIAL COUNSELLING SESSIONS

RECIPIENT

Once the *Recipient Donor Allocation Form* has been received by the Donor Coordinator, they will contact you to organise the booking of your counselling appointments. If you have a partner, it is vital that your partner attends all sessions with you.

You will require:

- 1 x individual session
- 1 x group session with your donor

DONOR

Once the *Donor Application and Approval Form* has been received by the Donor Coordinator, they will contact you to organise the booking of your counselling appointments. If you have a partner, it is vital that your partner attends all sessions with you.

You will require:

- 1 x individual session
- 1 x group session with the recipient

Approximate Cost: \$570 (\$190/hr x 3)

The purpose of these three counselling sessions are to:

- discuss the implications of your arrangement
- assess your psychological readiness of all involved parties to move forward with the intended arrangement
- meet the legislative requirements for known donation in Western Australia
- mark the beginning of the legislated **three month cooling off period**

The documented counselling for donation is a minimum requirement and the counsellors, at their own discretion, may request further counselling or request to involve other parties when they are brought up or introduced during any counselling session.

STEP FIVE: INITIAL DONOR SCREENING

RECIPIENT

No action required.

Approximate Cost: \$855

DONOR

Your specialist will have provided you with three pathology forms for your first screening blood test. Your blood can be taken for these tests at Concept Fertility Centre from 07.30am to 1pm on weekdays and 8am to 11am on weekends.

These tests must be completed, and the results received by the donor coordinator **prior to donating** sperm. The donor coordinator will advise you when donations may begin.

Infection

Pre-Screening:

- HIV
- Hepatitis B
- Hepatitis C
- HTLV I
- HTLV II
- Syphilis
- Cytomegalovirus (CMV)

Preconception Carrier Screening:

- Fragile-X
- Cystic Fibrosis
- Spinal Muscular Atrophy
- Thalassemia

Diagnostic Screening:

- Blood Group
- Haemoglobin Studies
- Full Blood Count

Karyotyping:

- Male Karyotype

STEP SIX: MAKE DONATIONS

RECIPIENT

Following each donation, liaise with one of our embryologists to ask for their recommendation regarding the number of further donations required in order for you to be able to complete your family.

Approximate Cost: \$300 per freeze

DONOR

For each donation, call Concept Fertility Centre prior and speak to reception in order to book a sperm freeze.

The number of donations required will be a decision made between the recipient in liaison with the embryologists, and yourself.

STEP SEVEN: THREE MONTH COOLING OFF PERIOD

RECIPIENT

No action required.

The three month cooling off period is a legislative requirement and must be upheld. The cooling off begins following your first group counselling session (Step Four) and ends after a final group counselling session (Step Ten) at the end of the three month time period.

If partners are acquired during the cooling off period then the counsellors are at liberty to involve them, ask questions about their involvement, and request further counselling sessions if deemed necessary.

DONOR

No action required.

STEP EIGHT: SIX MONTH* QUARANTINE PERIOD

RECIPIENT

No action required.

The six month* quarantine period is a clinic requirement and ensures the safety of the donation. The quarantine period begins following your final donation (Step Four) and ends after the final donor screening (Step Nine) is completed at the end of the quarantine time period.

***The quarantine period can be reduced to three months provided that adequate final donor screening has been completed, which will incur a higher cost (see Step Nine).**

Please note: the cooling off and quarantine periods can run concurrently.

STEP NINE: FINAL DONOR SCREENING

RECIPIENT

No action required.

Approximate Cost (6 months): \$125

Approximate Cost (3 months): \$540

DONOR

A pathology form will be organised for you by the Donor Coordinator in order to have your final screening done.

Infection Post-Screening:

6 months

- HIV
- Hepatitis B
- Hepatitis C
- HTLV I
- HTLV II
- Syphilis
- CMV

3 months

- HIV serology
- Hep B serology
- Hep C serology
- HTLV I
- HTLV II
- Syphilis
- HIV RNA
- Hep B PCR
- Hep C PCR
- CMV

STEP TEN: FINAL COUNSELLING SESSION

RECIPIENT

After six months has lapsed since your group counselling session, please contact the donor coordinator to book your final counselling appointment. Please liaise with your donor to assess a suitable day for you both to attend. You will need to allow up to two hours for this appointment. If you have a partner, it is vital that your partner attends this session with you.

Approximate cost: \$380 (\$190/hr x 2)

DONOR

The recipient will liaise with you following the six-month cooling off period to assess a suitable day for you both to attend the final counselling session. Please allow up to two hours for this appointment. If you have a partner, it is vital that your partner attends this session with you.

The purpose of this last counselling sessions is to:

- assess the psychological readiness of all involved parties to move forward with the intended arrangement now that six months have passed
- meet the legislative requirements for known donation in Western Australia
- mark the end of the legislated six month cooling off period

FINAL STEP: DOCUMENTATION AND CONSENTS

RECIPIENT

The following documentation and consent forms are to be provided to the donor coordinator prior to proceeding into the treatment phase:

- *Statutory Declaration (single women only)*

DONOR

The following documentation and consent forms are to be provided to the donor coordinator prior to final release of your donation:

- *13.1.75 Lifestyle Declaration for Egg Sperm Embryo Donors and Surrogacy*
- *13.1.25 Request Form for Donation of Semen to Known Recipient*

-ALL DONOR REQUIREMENTS ARE NOW COMPLETE-

- RECIPIENT ONLY -

THE TREATMENT PHASE

Once your donor is cleared for use, you will need to see your specialist in order for treatment orders to be written. Treatment orders indicate the type of treatment that you require, the medications that you will need (if any), and grants the Concept Nurse Coordination Team responsibility to act as the liaison between you and your specialist during treatment. These treatment orders are sent to the Nurse Coordinators in preparation for your treatment phase.

Once you have seen your specialist and they have written your treatment orders, you will need to make an appointment to see a Nurse Coordinator. **This will begin your treatment phase.** The Nurse Coordinator will discuss the treatment and medications prescribed by your doctor; provide the relevant consent forms for treatment; and facilitate the remainder of your fertility journey in conjunction with the Nurse Coordination Team and your specialist.












PROCESS AND CHECKLISTS

To help guide you both through the process, please utilise the process graphic and accompanying checklist for both the recipient and the donor in order to ensure that all appropriate steps are taken by each individual:

[RECIPIENT PROCESS AND CHECKLIST](#)

[DONOR PROCESS AND CHECKLIST](#)

DONOR PROCESS AND CHECKLIST

<input type="checkbox"/>	STEP ONE	Meet with GP (Request Pathology Form for Semen Analysis)	
<input type="checkbox"/>	STEP TWO	Semen Analysis	
<input type="checkbox"/>	STEP THREE	Specialist Doctor Appointment	
<input type="checkbox"/>	STEP FOUR	2 x Counselling Sessions (Individual and Group)	
<input type="checkbox"/>	STEP FIVE	First Screening Blood Test	
<input type="checkbox"/>	STEP SIX	Sperm Donations (Multiple Visits Required)	
<input type="checkbox"/>	STEP SEVEN	Six Month Cooling Off	
<input type="checkbox"/>	STEP EIGHT	Six Month Quarantine	
<input type="checkbox"/>	STEP NINE	Second Screening Blood Test	
<input type="checkbox"/>	STEP TEN	1 x Counselling Sessions (Group)	
<input type="checkbox"/>	FINAL	Documentation and Consents	

Notes

Sperm Quality

The term “quality” can be very confusing for recipients. Although the sperm is referred to in terms of quality, the true meaning of this could be better thought of in terms of “sperm number”. All of our donor sperm on offer is of the highest quality, so when you hear, for example “this donor has ICSI quality sperm only”, what is really being said is, “this donor’s sperm number is such that it can only be used for an ICSI procedure”.

Here is a more in-depth overview of the sperm required for each type of donor sperm involved procedure:

Intrauterine Insemination (IUI)

This procedure involves inserting a catheter into the uterus through the cervix. The sperm then travels from the uterus to the egg for the purposes of fertilisation. We therefore require a large number of sperm to increase the chance of them successfully reaching the egg.

Sperm quality required:

Greater than 5 million sperm per mL

IVF (In Vitro Fertilisation)

With IVF, the eggs that require fertilisation have been taken from the body and placed in a small dish within the laboratory environment. For this procedure, the embryologists add sperm to the same dish for the purposes of fertilisation. As the sperm do not have as far to travel as with IUI procedures, not as much sperm is required to achieve success.



Sperm quality required:

Greater than 2 million per mL

Intracytoplasmic Injection - ICSI

This procedure is much the same as IVF in that the eggs have been taken from the body to be fertilised. It is the manner in which we attempt to achieve fertilisation that differs. With ICSI, the embryologist selects a single sperm for each individual egg and manually inserts the sperm into the egg using a microscopic needle. As very little sperm is required to be able to provide one sperm for each egg, low sperm numbers are suitable to successfully perform this procedure.



Sperm quality utilised:

Less than 2 million sperm per mL

This is why knowing the sperm quality required for your treatment is so important. Whereas IUI quality sperm could be used for any of the above procedures, IVF quality sperm could only be used for IVF or ICSI procedures, and ICSI quality sperm could only be used for ICSI procedures. Our recipients are therefore separated into the categories of IUI and IVF/ICSI on the donor waiting list to ensure that the appropriate sperm quality is provided.

IVF vs ICSI

Some of our donors have IVF quality sperm and some have only ICSI quality sperm. If you are categorised by your doctor as requiring an egg retrieval, you will be categorised as requiring IVF/ICSI sperm and your donor may have IVF or ICSI quality sperm available. You will be offered donors from both of these categories. The quality at the time of choosing is not defined. When you see your specialist for treatment orders after choosing your donor, your treatment orders will reflect the type of procedure needed based on the sperm quality of the donor.

Please note that the decision between conducting an IVF or ICSI procedure can still be changed on the day of your procedure, as sperm thawing does not always guarantee the expected outcome. **Your embryologist will make the best decision on the day to guarantee that your eggs have the best possible chance of fertilisation.** For example, your donor has IVF quality sperm; however, the thaw of the sperm sample has resulted in lower sperm numbers than expected and is now only suitable for ICSI.

