

Sperm Donation

Thank you for considering becoming a sperm donor. We need men in the Auckland area who are between 18 and 45, healthy, responsible and who would like to help somebody start a family. Unfortunately men who have lived in the UK, France or the Republic of Ireland for a total of 6 months or more between 1980 and 1996 are not suitable to donate sperm.

Who uses donor sperm?

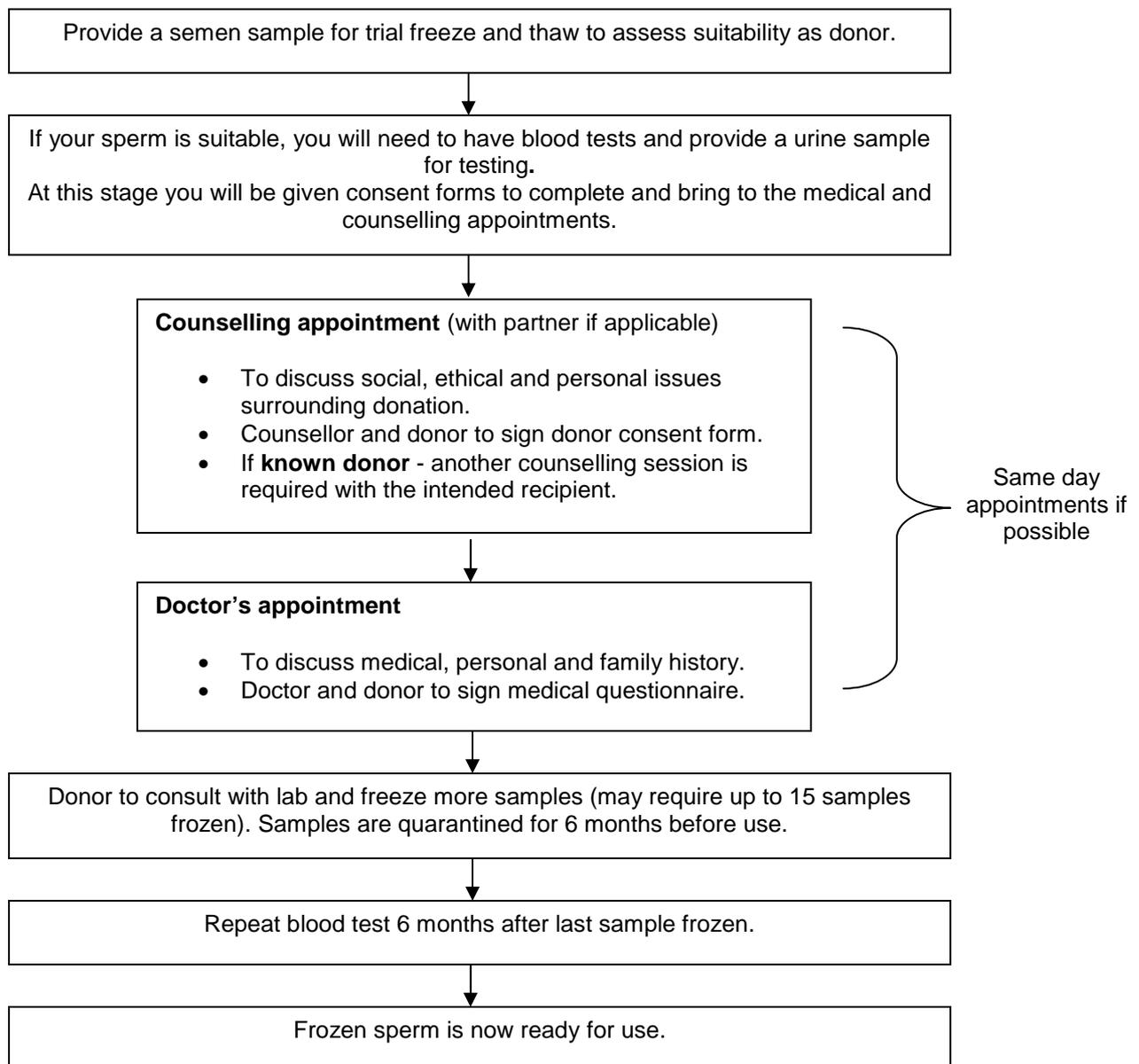
- Couples whom the cause of infertility is due to the male having poor quality sperm or no sperm at all. For these couples, using donor sperm may be their preferred treatment option or only option for them to achieve a pregnancy.
- Single women or women in lesbian relationships require donated sperm to start a family. Using screened sperm from our donor program means that their treatment is carried out in a controlled and safe environment thereby reducing physical, social and emotional risks.

The donation process

- Initially you will be required to provide a semen sample at Fertility Plus for analysis and a trial freeze and thaw. All our donated sperm is stored in liquid nitrogen at -196°C. Semen samples are produced by masturbation. We have a private room available at Fertility Plus that you can use, or alternatively you can produce the sample at home and deliver it to the lab within one hour. It is preferable to have 2-3 days abstinence before producing a sample. At this time we will analysis the semen to determine whether the quality is suitable for donation and how well the sperm survive freezing and thawing process. Some samples may be unsuitable for donation as the sperm responds poorly to freezing. However, this does not mean that the fertility of the fresh sample was poor. At this point you will receive further information about being a donor and we will answer any questions you may have.
- You will be required to have some blood tests and provide a urine sample to test for HIV, Hep B, Hep C, Chlamydia, Gonorrhoea and Syphilis.
- You, and your partner (if applicable), will need to attend a counselling session with our Counsellor to discuss social, ethical, and personal issues relating to sperm donation. The required consent forms are often completed at this stage.
- If you are a potential donor for someone you know, you will also need to have a joint counselling session with them.
- Once we have received the results of the screening tests an appointment with one of our doctors will be arranged for you. The doctor will assess your medical suitability as a donor and will cover your personal and family history.
- After these two sessions are completed (we can arrange both appointments for the same day at a date and time most convenient for you) you will need to complete a non-identifying information sheet for prospective recipients. This information includes interests and family history that the recipients have access to if a child is born from your donation.

- We will need you to produce several samples that can be frozen. The number will depend on how your sperm survives freezing and thawing. Freezing samples can be arranged when it most suits you within laboratory hours of 7.30am until 2.30pm on weekdays.
- We also need you to have a repeat HIV, Hep B and C blood test **6 months** after your last sperm donation. This is vital so that your frozen sperm can be cleared from quarantine and **ready for use by a recipient**. If you are a known donor, the recipient may choose to reduce this time to three months by signing a waiver.
- Should you donate, your semen may be used by a maximum of four families, although you can specify any restrictions you feel are appropriate e.g. how many families, ethnicity etc. After a child has been born that recipient may put some of the donor sperm aside to try for siblings at a later time. A donor may have up to 10 children in four families.
- It is very important that any change of address and phone number is updated with laboratory staff as we may need to contact you in the future.

Flowchart for sperm donation



The legal implications

- The HART Act specifies that sperm can only be stored for a maximum of 10 years; however a recipient family can request an extension of this time through the Ministry of Health.
- The Status of Children Amendment Act of 1987 recognises the social father (the husband/de facto partner of the woman who receives the semen) as the legal father of the child. The sperm donor does not have any legal rights or liabilities.
- Under New Zealand Law we are unable to pay for sperm donation.

After donation

- All donors must be willing to be identified to children born as a result of their donation. The Assisted Reproductive Technologies Act 2004 gives all children born as a result of donation the right to find out the identity of their donor at the age of 18.
- This means that information including your name and address as well as any information given by you at the time of donation will be kept by the clinic.
- As a sperm donor, you can find out the sex and number of children born as a result of your donation.
- It is important to note that the donor can withdraw his consent to donate at any time prior to the use of the gametes.
- According to ECART guidelines if a donor dies the frozen sperm will still be available to a person/couple who has requested storage for a sibling pregnancy. If there has been no pregnancy resulting from the use of the sperm, the remaining samples will be discarded in a culturally appropriate manner.
- All donors should be encouraged to designate two or more people who will inform the clinic in the event of the donors' death