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# Information for women with a personal sperm donor

## MCK Fertility Center

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### Treatment with a personal sperm donor

You are considering, or have already chosen to start a fertility treatment using a personal sperm donor. This information brochure contains information for you and your donor regarding such treatments.

Treatments using donated sperm will only be done using sperm that has been frozen and thawed before insemination rather than fresh sperm, in order to ensure that no infections will be passed to the recipient during insemination.

This means that two concurrent procedures will need to happen. On the one hand, your own procedure, which will run from your intake consultation up to and including (hopefully) one or multiple successful treatments. And on the other hand, your donor's procedure, from his intake consultation up to and including freezing the sperm before it will be available for use. Therefore, the timing of both of these procedures must be well-managed, which is why both you and your donor will be under the care of the same physician. If desired, one or more of your consultations (either the intake or later consultations) can be scheduled to take place with both you and your donor. Your treating physician will require at least one one-on-one consultation with you, and at least one one-on-one consultation with your donor, though.

For an overview over the procedure, please refer to the Flowchart personal sperm donor.

Prior to the intake consultation, both of you will need to sign the donor agreement (more information below).

For clients who are using a personal donor, consultations with our fertility counselor will be scheduled for both the client and the donor.

### Intake consultation with your treating physician

First of all, an intake consultation will be scheduled for you and (if applicable) your partner. During this consultation, your treating physician will go through your medical history with you, as well as your physical and psychological health and your lifestyle. In addition to this, a number of physical examinations (such as an ultrasound and a blood test) will take place. If there are no hindrances to a treatment or pregnancy, further consultations will be scheduled. There will also be an opportunity to discuss any questions you may have after reading the information in this brochure.

The next step is to schedule an intake consultation with your donor, for which he can contact our administrative office. Our secretaries will need his personal information for this, as well as your name and date of birth. This allows us to link your files.

## Intake consultation with our fertility counselor

During your consultation with our fertility counselor, one of the topics of discussion will be your agreements with the donor regarding his role in the child's life and your mutual expectations. We advise you and your donor to register these agreements in a judicial contract. In order to do this, you may want to contact a notary or lawyer. Our Fertility Center can provide information of professionals with a specialization in this field. This agreement will be added to your file.

## What is a personal donor?

A personal donor is a donor proposed by the client; they will enter into a unique relationship with the client/recipient and the fertility center in order to facilitate one or multiple pregnancies. If the prospective donor has already donated sperm to other fertility centers and/or offer fertility services outside of the fertility center and/or have given any other women the 'rights' to use the sperm within this fertility center, we will not accept him as a personal donor. Donors can only donate to multiple women through our sperm bank. This ensures that we are complying with our quality guidelines as well as current legislation.

## The donor's intake consultation

The donor's intake process consists of a consultation with the same physician, and a consultation with our fertility counselor. After these consultations, a blood test will take place and if desired by the donor and logistically possible for our laboratory, the first donation can take place immediately. The donor will be asked to provide a urine sample at the time of the first sperm donation (no morning urine). A small jar will be provided for this purpose by our laboratory. This sample will be used to screen for the presence of chlamydia or gonorrhea.

## The donor's blood test

In order to ensure the sperm is safe for use, the donor will be tested for a number of transmitted infections. To this end, blood will be drawn and tested for antibodies against the viruses and bacteria that cause HIV, Hepatitis B and C, syphilis and an assortment of other diseases. This is the STD-screening. The results of this screening will be discussed with the donor by the physician who conducted the intake consultation. If the results indicate that donation is not possible, the donor will discuss this with you himself. Your treating physician will only let you know that your donor has been declined.

## Donations

Usually, several donations are needed. Every donation will result in sperm, which the laboratory will keep frozen in cryogenic storage in one or multiple straws. The quality of the sperm determines the kind of treatments for which it can be used. For example, a single donation may result in 6 straws suitable for IVF or IUI, or it might result in 2 straws only suitable for ICSI. (IUI stands for intra-uterine insemination, in which the sperm is inserted into the uterus. IVF and ICSI are both types of test-tube fertilization, in which the egg cells are fertilized with the sperm in the laboratory.)

## Privacy and test results

After each donation, consultations over the phone will be scheduled with you and your donor. Due to privacy concerns, the physician cannot inform you directly regarding the donor's medical results. They can, however, inform you of the number and nature of treatments that are possible after each donation. This

allows you and the physician to come to a decision on whether another donation is necessary. If it is decided that there are enough straws, the donor will be contacted to schedule a final blood draw.

### Clearing the sperm for use

When enough sperm has been entered into storage, the final blood draw will be scheduled. Just as with the first blood draw, the blood will be tested for antibodies against (or the presence of) viruses and bacteria. To account for a potential incubation period, this blood test will take place six months after the final donation. An alternative is the so-called 'quick test'. For this test, the presence of virus particles will be detected in addition to antibodies. This test can take place immediately following the final donation. However, this quick test is more expensive (please refer to our price list for more information). The results of this blood test, too, will only be discussed between the physician and the donor, roughly three weeks after the blood draw. In other words: usually, it will take six months for the sperm to be cleared for use; with a quick test, that waiting time will be reduced to three weeks.

### Starting the treatment

After the sperm has been cleared for use, the actual treatment can be started. Depending on which treatment you will be undergoing, a starting consultation IUI or a starting consultation IVF/ICSI will be scheduled. During this consultation, your treating physician will discuss the logistics and other details of the treatment with you.

### The 'Wet registratie donorgegevens kunstmatige bevruchting'

Since 2004, anonymous sperm donation has been outlawed in the Netherlands, as established in a law known as the 'Wet Donorgegevens Kunstmatige Bevruchting' (law on Donors' Personal Details for Artificial Insemination). All sperm banks are required to register all data related to successful treatments in which a child is conceived using donated sperm to a database in the government's VWS department. The Stichting Donorgegevens Kunstmatige Bevruchting (the Donors' Personal Details Registration Association – will be referred to as SDKB) oversees this data. It will be kept on record for 80 years.

Once a child born as a result of a treatment using donated sperm reaches the age of 16, they can request the donor's identifying details from the SDKB. By law, the donor has the right to block the dissemination of personally identifiable information if overriding interests of the donor mean that there should be no distribution. In this case, a judge will decide. This law also applies to donors who only donate in the capacity of a personal donor. More information regarding current legislation can be found on the SDKB's website: [www.donorgegevens.nl](http://www.donorgegevens.nl)

### Agreement for storage and use

In an agreement, we'll record the conditions for the storage and use of the sperm, in consultation with you and your donor. During the intake consultation, this agreement will be provided to the donor in triplicate. The agreement will be signed by yourself, the donor and the fertility center. The donor will bring the agreements back on one of his subsequent appointments.

Although the donor does deposit the sperm into our care to be used for donation, he does keep a say over the use of the sperm. This means that the donor can terminate storage at any time. If the donor wishes to change the destination of the sperm, he must first consult the treating physician to reach an agreement.

The goal of sperm donation is to facilitate a continuing pregnancy, ending in the birth of a child. If you wish to begin a new treatment cycle in order to have a second child, your treating physician will contact you

donor. During this consultation, your treating physician will ask your donor to give permission for the sperm to be used to facilitate a second pregnancy. If he agrees, both you and the donor will sign a new agreement prior to starting the new treatment procedure. This remains the case even if there are still embryos in cryogenic storage from the first treatment.

### Terminating sperm storage

If the donor wishes to end the storage, he must request this in writing. He will receive a confirmation when the request is received. The sperm will be destroyed one month after the request was received. When the fertility center moves to destroy the stored sperm as per the donor's written request, you will receive a written notice (we will not provide the reason, so as to ensure the donor's privacy).

### Costs of freezing the sperm

The costs associated with the intake of the donor and freezing the sperm can be found on the price list, available on our website. The invoice will be sent to you (the intended mother). If the sperm must be kept in cryogenic storage for longer than a year, the extra costs will be billed to you on a yearly basis.

### Appointments and information

Appointment dates for your consultations or other information will be provided by our administrative office.

### Contact:

You can reach us by phone on Mondays to Fridays between 8am and noon, and between 1pm and 3.30pm, as well as on Saturdays between 10am and 1pm, by calling 071-5812300.

### More information

SDKB website: [www.donorgegevens.nl](http://www.donorgegevens.nl)

Landelijk informatiepunt donorconceptie (LIDC): [www.donorconceptie.nl](http://www.donorconceptie.nl)

This information is meant for women who are considering treatments at the MCK Fertility Center using donated sperm from a personal donor. This information, together with any other information given to you by a physician or nurse, is meant to help you make an educated choice on whether you want to become a donor or not. This information is subject to change.

For any feedback regarding this information brochure, please let us know at [info@mckinderwens.nl](mailto:info@mckinderwens.nl).