

## SPERM FREEZING

### WHAT IS SPERM FREEZING?

This is the process of freezing and storing semen samples so you and your partner may use them to become pregnant in the future.

### WHY WOULD I WANT TO FREEZE SPERM?

There are many situations that could interfere with your future fertility. These may include:

*Chemotherapy*

*Radiation therapy*

*Certain types of pelvic or testicular surgery*

*Vasectomy*

*Illnesses (such as diabetes or multiple sclerosis) that may cause erectile difficulty*

*Spinal cord disease or injury*

*High risk occupations or sports*

*Preparation for a future fertility treatment*

For these reasons and others, many men decide to freeze sperm as a safeguard against unforeseen future circumstances.

### HOW DO I ARRANGE TO FREEZE SPERM?

You can arrange to freeze sperm by calling Genesis at 604.879.3032 to book an appointment. At this appointment you will be asked to have a blood test for hepatitis B, hepatitis C, and HIV. These infections may be transmitted through the semen to a female partner or an unborn child.

Please bring your MSP Care Card with you to the appointment and be prepared to sign consent forms for the freezing and storage of your semen.

You will then be escorted to a private room to produce a semen specimen. You will give your specimen to one

of our laboratory technicians who will then analyze the sperm, freeze it, and then store it for future use.

We would prefer that you collect the specimen on-site in one of our private collection rooms. However, you may also collect the specimen at home if it can be in our laboratory within 30 minutes after it is produced.

### HOW MANY SAMPLES SHOULD I FREEZE?

Multiple donations are usually recommended, but even one sperm sample may be enough for conception. Everyone's situation is unique; however, most men freeze between two and five samples. In many cases, the time interval prior to surgery, chemotherapy, or radiation treatment will be the deciding factor for how many samples can be collected for freezing.

We recommend that you abstain from sexual intercourse and ejaculation for two days before the first sample and for about two days between samples. If you are unable to donate through sexual stimulation, sperm cells can be obtained through minor surgery or electrical stimulation.

### WHAT DOES IT COST TO FREEZE SPERM?

There is a fee for freezing each sample, as well as a storage fee for the first year or portion thereof. The storage fee is payable initially and every year thereafter, unless you request that we thaw and destroy your samples. Please refer to our fee guide for our current rates.

### HOW LONG CAN SPERM STAY FROZEN?

Sperm can be frozen indefinitely. Damage occurs to the sperm during freezing and thawing, not while it is frozen. Recently, a baby was born after using sperm that had been frozen for 28 years. At Genesis, we will continue to store the sperm for as long as the annual storage fee is paid. However, you must keep us updated regarding any

address changes. If we can't reach you to collect the storage fee and to confirm that you want to maintain the frozen samples, we will thaw and destroy them.

### HOW SUCCESSFUL IS IT?

The success rates of using stored sperm vary and depend on several factors. First, your health or underlying illness may affect the quality of the sperm at the time they are frozen. Second, approximately 60% of the sperm frozen will survive the freezing and thawing process. Third, the success rates will depend on your female partner's age, fertility status, and the method of assisted reproduction that is used. If the sperm quality is low, a pregnancy can still be achieved but may require a more complex form of treatment, such as ICSI (intracytoplasmic sperm injection).

### HOW DO I USE THE SPERM IN THE FUTURE?

Once the sperm is thawed, it can be put in your partner's uterus in a process called intrauterine insemination (IUI). If the sperm is not of sufficient quality or quantity, in vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI) may be required. This involves stimulating your partner's ovaries, then retrieving several eggs which are each injected with a single sperm in our lab. The resulting embryos are then replaced back in your partner's uterus. Here is a rough guideline on which option to choose, based on how many sperm survive in each frozen sample:

> IUI: Five million motile sperm per cycle

> IVF: One million motile sperm per cycle  
(100,000 sperm per egg)

> IVF with ICSI: 1 sperm per egg cycle

The success of IVF and ICSI is approximately 40% to 60% per cycle, depending on the age and fertility status of your partner.

**ARE THERE ANY PROBLEMS WITH THE CHILDREN CONCEIVED FROM THE USE OF FROZEN/THAWED SPERM?**

There doesn't appear to be any difference in the rate of abnormalities or birth defects among children conceived with fresh or frozen sperm. However, there are some theoretical concerns that treatments like chemotherapy may have unknown effects on the sperm or the offspring. We encourage you to discuss this with your physician.

**WHO CAN I TALK TO?**

One of the nurses or physicians at Genesis would be happy to discuss sperm banking and the report of your sperm analysis with you. A copy of the report will also be sent to your referring physician.

**WHAT HAPPENS IF I DIE BEFORE THE SPERM HAS BEEN USED?**

If your partner wants to consider using your sperm after your death, you must give written consent. A Genesis healthcare professional will go over the information and the consent with you. They will answer any questions and insure you understand the consent. This is a very sensitive issue that we encourage you to discuss with your partner and legal counsel.

In all other circumstances, your sperm samples will be discarded if we can't contact you to collect the storage fee or in the event of your death.

Genesis Fertility Centre is one of the largest IVF programs in Canada, and our success rates are among the best in the country. We have been at the forefront of reproductive medicine since 1995, helping thousands of couples achieve their dream of having a baby.

Whether you have just discovered that you have a fertility problem or have been struggling for years, Genesis

Fertility offers you a unique blend of patient-centered care and state-of-the-art reproductive technology. At your first visit your physician will carefully assess you and your partner's condition and develop a personalized treatment plan designed to give you the best chance of conceiving.

**COSTS** Infertility consultations and tests are covered by MSP.

**CONFIDENTIALITY** All services are provided in a completely discreet and confidential environment.



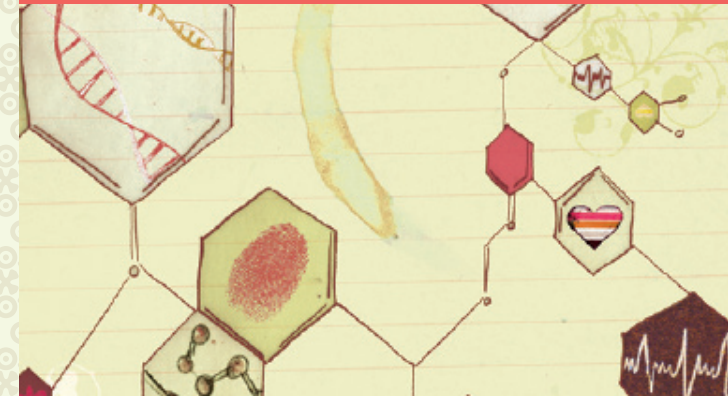
VANCOUVER #300 – 1367 W Broadway Avenue, Vancouver, BC  
SURREY #116 – 13798 94A Avenue, Surrey, BC

For a referral to either office:

TEL 604.879.3032 | FAX 604.875.1432

EMAIL [genesis@genesis-fertility.com](mailto:genesis@genesis-fertility.com) | WEB [www.genesis-fertility.com](http://www.genesis-fertility.com)

## SPERM FREEZING



genesis   
fertility centre  
embrace a new beginning