



## **Sperm – Fertility Preservation**

### ***What is sperm fertility preservation?***

The process of freezing sperm and storing it at ONE Fertility for future use. It is often referred to as sperm banking. The technical term is sperm cryopreservation.

### ***When should sperm fertility preservation be considered?***

This option should be considered when a medical condition, planned treatment or surgery is known to affect fertility.

### ***Who might consider sperm fertility preservation?***

- Transgender people
- People with cancer who require treatment or surgery, known to affect fertility
- People who have very low sperm counts
- People who are planning on having a vasectomy
- Other situations may also warrant sperm fertility preservation

### ***What is the process?***

- 1) Referral to ONE Fertility
- 2) Speak to a doctor at ONE Fertility
- 3) Do infectious disease testing, as required by Health Canada
- 4) Book the ‘sperm banking’ appointment
- 5) Collect the sample
  - a. Abstinence from sexual activity or masturbation for a minimum of 2 days to a maximum of 7 days.
  - b. Avoid lubricants with spermicide, soaps, lotions, saliva, or water when collecting the sample.
  - c. You may collect your sample at home in a sterile cup, keep it at body temperature during transport, and drop it off at the clinic, if you can drop it off within 1 hour of producing the sample.
  - d. If you are collecting at the clinic, please be aware that pornographic material is available in the collection room and can be turned off upon request. If the patient is a minor, a parent/guardian must attend the clinic at the appointment time and sign a consent for a minor to view pornographic material.
- 6) Sign consents to freeze the sample
- 7) A ONE Fertility doctor will contact you with the results of your sperm analysis

*\* It is recommended to provide 3 samples for banking, if possible, to improve your future chances of having children*

### ***What are the future treatment options for the frozen sperm?***

When you are ready to try to have a child with your frozen sperm, you will need to be referred back to the clinic by your family doctor. Your fertility doctor will present you with options depending on your current life circumstance. Most of the time when the sperm is banked, the recommended treatment will be invitro fertilization (IVF).

### ***How long can sperm be frozen for?***

A study examining the success rates of 119,558 frozen semen specimens at a sperm bank in China found that the sperm survival rate is reduced after 5 years but the overall success rate for pregnancy is the same, regardless of how long the sample was stored.<sup>1</sup> The study included samples stored up to 15 years.

1. Huang, C., Lei, L., Wu, H., Gan, R., Yuan, X., Fan, L., & Zhu, W. (2019). Long-term cryostorage of semen in a human sperm bank does not affect clinical outcomes. *Fertility and Sterility*, 112(4), 663-669.



***Are there any risks?***

There is a risk that some of the sperm will not survive the thawing process, when the time comes to use it. There is also no guarantee that the collected sample will result in a live birth. To date, there is no evidence of any increased risk of birth defects or chromosomal abnormalities in children conceived from frozen sperm, when compared to the general population.

***What is the cost of Sperm Fertility Preservation?***

The Ministry of Health covers the cost of one sperm banking when there is a medical (rather than social) reason. Speak to a member of our team about current costs of freezing additional samples. You will also get an annual invoice for sperm storage. If you wish to dispose of your banked samples, you MUST book an appointment to discuss and complete a consent form instructing us of your wishes. Until this consent is received, or all of your sperm has been used, you will continue to be responsible for annual storage fees. Please make sure to notify our office if your contact information changes.

**Sperm Freezing (Fertility Preservation) – Knowledge Retention**

		True	False
1	Sperm banking, sperm freezing, and sperm cryopreservation are different terms used to describe the same thing?		
2	There are multiple reasons why a person may consider fertility preservation.		
3	It is recommended that a person freezes 3 sperm samples (if able).		
4	When collecting a sample, it is encouraged to use lubricants and/or saliva.		
5	When the time comes to use the sperm sample, the success rate will be 100%.		
6	Research shows that success rates are the same regardless of if the sperm has been frozen for 5 or 15 years.		
7	It is important to update the clinic when contact information changes.		

Answers: 1. T 2. T 3. T 4. F 5. F 6. T 7. T

- Huang, C., Lei, L., Wu, H., Gan, R., Yuan, X., Fan, L., & Zhu, W. (2019). Long-term cryostorage of semen in a human sperm bank does not affect clinical outcomes. *Fertility and Sterility*, 112(4), 663-669.