A Guide to Sourcing Donor Sperm

**CHOOSING A DONOR**

When purchasing from an overseas bank, you can only purchase ‘UK compliant’ donors. UK-compliant donors are highlighted or have a flag on the website. The bank will check UK compliance if you are unsure.

**If you choose a donor that is known to be a genetic carrier for a condition, you will need to have genetic counselling before shipping these donors to Care.** Most donors recruited by US sperm banks, or imported from the US by UK banks, are screened for many genetic conditions, it is therefore not uncommon for some donors to behealthycarriers for a genetic condition.

Check the screening status of your chosen donor before ordering. For California Cryo Bank, the GTS (genetic test summary) will show if the donor is a known carrier. If required, Care can provide genetic counselling free of charge. You may decide not to go ahead with the donor after counselling, or opt to have screening yourself. Check you can swap the donor if you change your mind, or reserve the donor until you have received the counselling or completed your own screening.

Danish banks do not sell donors that are known to be carriers, due to the Danish laws, but may offer ‘Gene Matching’. This service checks that you and your chosen donor are not carriers for the same condition. Full details are included on the bank websites. **Care doesn’t require you to have the Gene Matching**, as we don’t screen couples in this way, it is optional.

CMV- you do not need to select a donor based on your or the donor’s CMV status.

Blood group- You do not need to select a donor based on blood group; this would be a personal preference.

Medical records- All donors medical history will have been reviewed by a qualified medical practitioner at the bank.

Please ensure only Care partner banks are used (see list) and **purchase the sperm under the name of the person receiving the treatment.**

**SAMPLE TYPES**

Samples can be called straws, amps, vials or units, which mean the same thing. Generally, the more sperm in each sample, the more expensive the sample will be.

Each treatment type needs a minimum number of sperm for optimal fertilization. IUI treatments need the most sperm, then IVF, then ICSI, where only small numbers are needed.

If you are using frozen donor eggs, for example, then you will always require [ICSI,](https://www.carefertility.com/treatments-services/fertility-treatments/icsi) (one sperm per egg), so a sample containing a high sperm number is not necessary, and would not increase your pregnancy chances. Some banks sell ‘ART’ samples, containing low numbers of sperm, yet highly suitable for ICSI.

We recommend ordering MOT 20+ for IUI treatment as these samples contain more sperm, and we would recommend at least 15+MOT for IVF. In our experience most single 10+MOT samples prepare well and are suitable for IVF insemination, however we cannot guarantee this. If you decide to order one 10+MOT sample for IVF, and the sperm numbers are not sufficient on the day of treatment, ICSI will be required at an additional cost. We do not consider ICSI to alter the likelihood of a successful pregnancy. Please see our website for more information about ICSI.

Samples are usually sold as either IUI ‘prepared sperm’ or ICI ‘unprepared sperm’ You can purchase either of these for any treatment type.

**Your bank can advise on quantity to buy. As a Care guide:**

For all procedures, we use one sperm sample per treatment cycle. Therefore, if you intend to have up to three cycles, you should purchase three samples. Aim to only move sperm to Care that you wish to use. Some banks will offer you a refund if you do not use them, but the samples need to remain at the donor bank for the refund. Samples can be shipped as and when you need them. Care can also store donor sperm; storage fees apply after one year.

**Care will use the number of straws or amps that the bank has recommended for each treatment**. If you do not wish to use the recommended number of straws or amps in your treatment, please contact your Care clinic before your treatment starts.

**ORDERING and TIME FRAMES**

**The whole process from ordering, to sperm arriving in clinic, takes 2- 4 weeks:**

Step 1-Your clinic laboratory will receive information about your donor order directly from the sperm bank. **There is no need to inform your clinic of the order.**

Step 2**-** The laboratory will complete their checksand **contact you 7-14 days after have you placed your order.** They will ask you to confirm the exact reference of the donor you have purchased.

Stap 3-The laboratory will agree shipment with the bank**. Shipment to your clinic takes between 5-14 days**. If the laboratory becomes aware there is a delay in shipment, they will contact you to let you know.

Step 4- The sperm arrives in clinic**. Your clinic/CarePals team will inform you,** and arrange the next stepsto start treatment for as soon as possible. Namely:

• Arrange for HIV and Hepatitis screening +/- Nurse planning meeting

• Issue a treatment plan (protocol) and prescription.

While you await the shipment of sperm, you can prepare for treatment by ensuring online modules, consents, counselling (if applicable), blood tests (not virology) and invoices are completed. You should not start treatment, including stimulation medication, until the sperm has arrived in clinic.

**SHIPPING DETAILS**

You may be asked to provide shipping details on the website. If it asks for “The physician’ name, this is the doctor you saw for consultation. You may use a satellite doctors name.

Our Care addresses for delivery details can be found on our website, under ‘Care Clinics’ <https://www.carefertility.com/fertility-clinics>

**PREGNANCY ‘SLOTS’ and FAMILY LIMITS**

Pregnancy slots are used by certain banks to monitor the UK10-family limit, you may need to pay for a slot to keep it reserved for your potential family.

Banks will give only a maximum of 10 slots in the UK if the donor has consented to 10 UK families. If you are unsuccessful with that donor, and have no sperm remaining or embryos created with that donor, then this slot can be refunded by the bank.

**A donor recruited overseas is likely to achieve additional pregnancies/families** **outside the UK**. A bank should be able to inform you of the number of families the donor has consented to in the UK.

If a donor is for ‘sibling use only’ then it may only be purchased by those that have already had a baby using the same donor.

**ADDITIONAL FEES**

Payment for your samples should be paid directly to the donor bank.

An additional administration fee for transferring-in sperm from a bank and storage for 1 year, is payable to Care. If the sperm is stored for more than 1-year, annual storage fees apply. See the local fee schedules for details.

**NHS FUNDED DONOR SPERM USE**

Where funded patients can source their donor depends on the local funding agreement. We advise that your CarePal team or clinic advise on this.

**SPERM BANKS**

1. **Any HFEA licensed UK sperm bank,** Including:

**London Sperm Bank** (<https://londonspermbankdonors.com>) (Discount code: LSBCare). UK recruited donors and imported donors.

**Brighton Fertility Associates** (<https://brightonfertility.co.uk>). UK recruited donors and imported donors.

**Care’s in-house Central Sperm Bank** (CentralSpermBank@carefertility.com)  UK Care-recruited donors and imported donors.

There is not a platform to view available donors in the Care bank, however, if you provide the Care clinic of your donor characteristics, and are ready for treatment, the bank will check and offer you any donor that is available based on your requested characteristics. You will be provided with the donor details before deciding. The bank will organise shipment to your local Care clinic. There is a waiting list which can vary depending on characteristics requested, currently **averaging 1-3 months.** We can reserve enough sperm for only **one treatment at a time**, unless it is sibling sperm. If you prefer not to accept a donor match, your place on the waiting list will not be affected. Your donor sperm can be reserved for up to12 months. Donor sperm fees are on the Care website.

Let CarePals or your Donation team know if you would like to use the Care Bank.

**If you source a donor from another bank whilst waiting on the Care bank, please inform the Care bank immediately.**

1. **Born Donor Bank** **(Denmark)** [www.borndonorbank.com](http://www.borndonorbank.com).. Email: sales@borndonorbank.dk prior to ordering, as not all UK-compliant units are shown on the website, there may be others available.
2. **California Cryobank** ([www.cryobankuk.co.uk](http://www.cryobankuk.co.uk)) Free access code: W0316UKC.
3. **Fairfax Cryobank** ([fairfaxcryobank.com](https://fairfaxcryobank.com/uk/care-fertility) ) UK compliant donors can be selected from the specific website link.
4. **European Sperm Bank** ([Clinics.europeanspermbank.com/Care](https://www.europeanspermbank.com/en/ncb/clinic/signup/id/CareLondon)**XXX**) Use the web address replacing your clinic name at the end, this way ESB will know which CARE clinic the samples are to be sent. For example, if your clinic is London, then use [Clinics.europeanspermbank.com/CareLondon](https://www.europeanspermbank.com/en/ncb/clinic/signup/id/CareLondon). For CARE Nottingham, then use Clinics.europeanspermbank.com/CareNottingham

ESB are currently offering a free consultation to help with selecting your donor.

1. **CRYOS International** [(cryosinternational.com)](https://www.cryosinternational.com/en-gb/dk-shop/privat/landingpage/donor-sperm-for-care-fertility-clinic/). [Discount on donor sperm for CARE fertility clinic | Cryos (cryosinternational.com)](https://www.cryosinternational.com/en-gb/dk-shop/privat/landingpage/donor-sperm-for-care-fertility-clinic/) Use the link for a Care discount.

**CONTACT**

If the laboratory has any questions about your donor order, they will get in touch with you, or the donor bank directly, depending on the query. If genetic counselling is required, you will be informed and invited to attend.

For general enquiries about sourcing donors: CentralSpermBank@carefertility.com

For specific queries about an order placed – contact CarePals who will direct you to the laboratory.

**FURTHER INFORMATION**

**For information on donor screening, laws, parenthood, see:**

Your guide to using donor sperm at Care will be on your Portal ‘Donor Sperm Use’Engaged MD Modules ‘using donor sperm at Care’ Care website [IVF Sperm Donor | Find a Sperm Donor | Care Fertility](https://www.carefertility.com/donation/ivf-using-donor-sperm)