

A publication of

addam
donor bank

Becoming a recipient of clinic-recruited donor sperm





Australia's leading donor sperm bank

Addam Donor Bank is Australia's leading donor sperm bank, created to empower you in your journey towards parenthood.

Our goal is simple; we help couples and individuals wanting a family, regardless of their sexual orientation, gender identity and marital or relationship status.

Addam operates in partnership with our parent clinics, City Fertility, Rainbow Fertility and Fertility Specialists of WA. With a dedicated team of fertility specialists and decades of experience helping people navigate infertility, we understand what matters most to our patients and how to support you every step of the way.

Looking for Donor Sperm?

If you're exploring the option of using donor sperm to grow your family, you're not alone, and we're here to support you every step of the way. Whether you're a single parent by choice, part of a same-sex couple, or experiencing male infertility, Addam Donor Bank offers access to a wide range of clinic-recruited sperm donors, without the wait.

Choosing a sperm donor is a personal decision. With Addam, you have the reassurance of knowing each donor is not only carefully vetted but also supported by a team of fertility specialists, scientists and counsellors who are here to help guide you through the process.

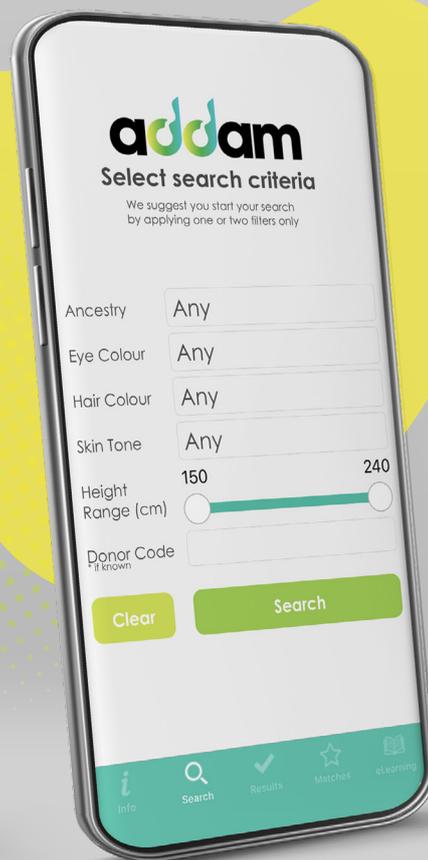
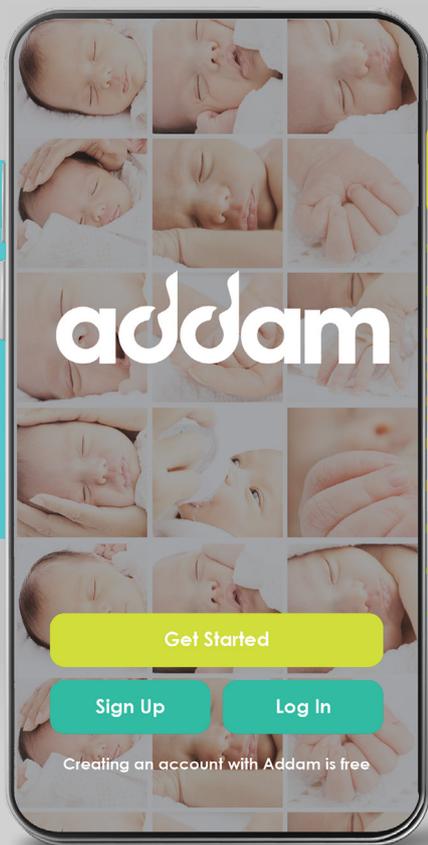
From understanding donor profiles and legal rights to preparing for treatment, our team is here to provide the information, support and care you need to make informed choices.

Let us help you take the next step with confidence.



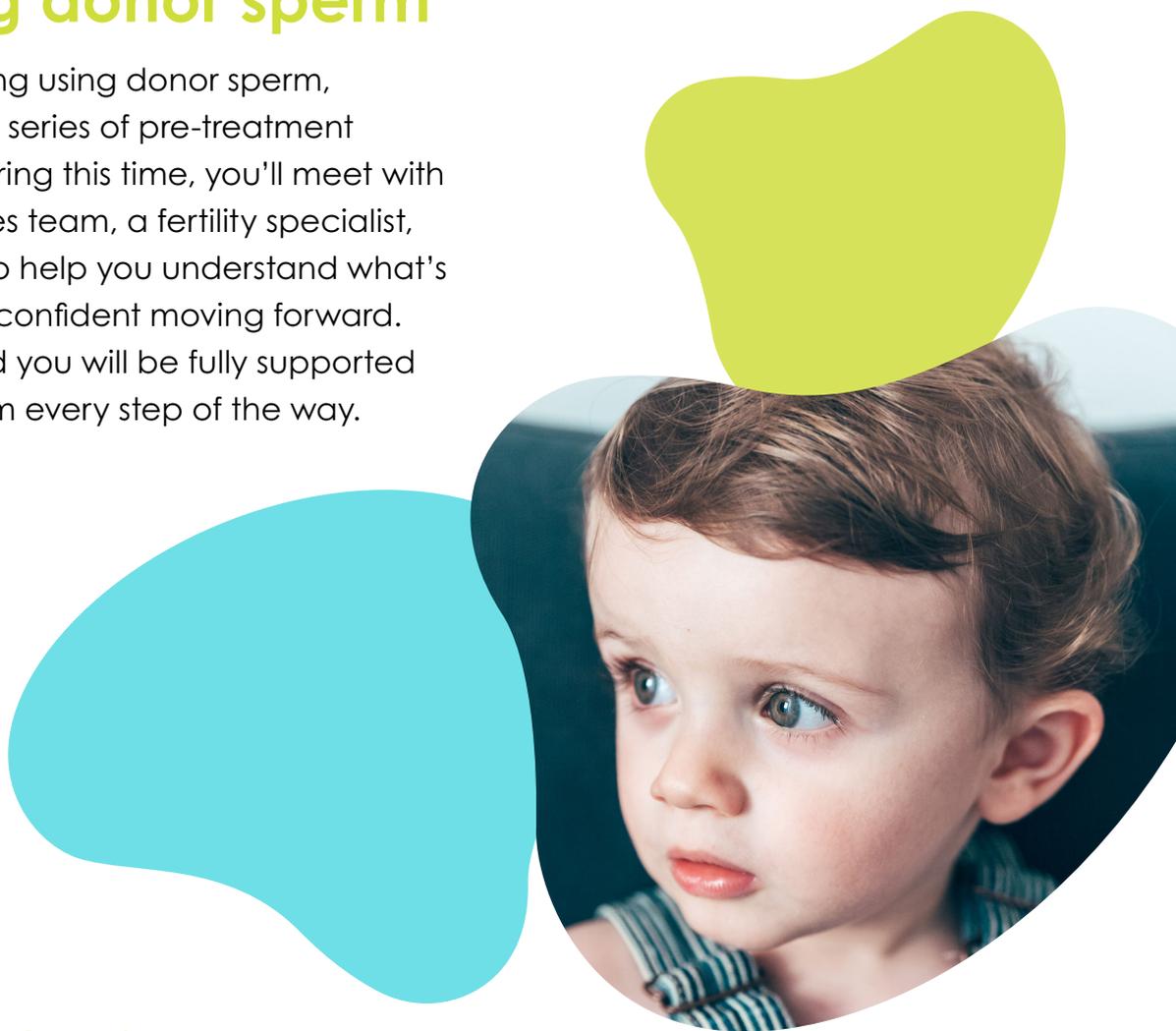
Addam is now available on the app store!

Addam Donor Bank is a selection tool and one of Australia's largest sperm banks, with donors recruited from a variety of characteristics, ethnicities and backgrounds.



Receiving donor sperm

If you're considering using donor sperm, you'll begin with a series of pre-treatment appointments. During this time, you'll meet with our patient services team, a fertility specialist, and nursing staff to help you understand what's involved and feel confident moving forward. Please rest assured you will be fully supported by our expert team every step of the way.



Benefits of using clinic-recruited donor sperm

All donors at Addam Donor Bank are recruited through our dedicated donor program, Sperm Donors Australia (SDA) or one of our International Donor Bank partners. We welcome men from a wide range of cultural, religious, and ethnic backgrounds who meet the required screening criteria and are committed to helping others grow their families.

Choosing clinic-recruited donor sperm offers a number of important benefits:

- Knowing that the donor has undertaken counselling and understands the implications and legalities of being a donor, including no legal rights to the child.
- The quality of sperm has been checked.
- Thorough medical screenings have been completed to minimise any transmittable genetic diseases.
- A three-month quarantine period for the sperm donation is enforced which is followed by a further pathology test of the donor.

Steps to Becoming Donor Ready

Before you are ready to reserve a donor through Addam, your fertility specialist and nursing team must support you through the following 'Donor Ready' workup steps:

- 1. Attend Your Fertility Specialist Consultation:** Book an appointment with a fertility specialist at City Fertility or Rainbow Fertility and attend your initial consultation.
- 2. Obtain a Current Treatment Plan:** Your specialist will provide a personalised treatment plan tailored to your specific medical and fertility needs.
- 3. Complete Online Registration:** Your clinic will send you a registration form. Please ensure it is completed and submitted online.
- 4. Undertake Extended Carrier Screening (ECS):** If required, complete this genetic testing and ensure your results are uploaded to your patient file. Alternatively, if you elect not to complete ECS, please confirm you have signed the required waiver with your fertility specialist and it has been uploaded to your patient file.
- 5. Confirm Superannuation Release (if applicable):** If using superannuation for payment, ensure approval has been finalised before reserving your donor.

What You Need to Know Before Reserving

State-Specific Donor Access

Due to differing state legislation, donor sperm cannot be transported across state lines. Please ensure the donor you wish to reserve is located in the same state as your fertility clinic. If you plan to travel interstate for treatment, please contact our team at mydonor@addamdonorbank.com.au before submitting your donor reservation.

Genetic Testing Requirements

If you select a donor who is a known carrier of a genetic condition, you'll need to complete Extended Carrier Screening before making a reservation. Alternatively, you can discuss the risks with your fertility specialists and sign a waiver confirming you understand the risks of proceeding without genetic testing. Please speak with your fertility specialist to arrange this test or explore the option of the waiver.

Cycle Type Eligibility

Different donors are suitable for different treatment types:

- DI donors: Can be reserved for IUI & IVF cycles
- IVF donors: Can only be reserved for IVF cycles

This is important to consider when you are selecting and referencing your donor. You must ensure that the donor you have selected is suitable for the type of treatment outlined in your specialist's treatment plan.

Steps to Receive Donor Sperm

1

Book an appointment. Book an appointment with a City Fertility, Rainbow Fertility or Fertility Specialists of WA fertility specialist via our Fertility Advice Centre.

2

Attend your appointment. Attend your initial appointment where your fertility specialist will discuss your goals, review your medical history, and confirm your personalised treatment pathway.

3

Obtain your treatment plan. Your specialist will provide a personalised treatment plan tailored to your circumstances.

4

Complete your clinic registration. Your clinic's Patient Services Team will send a registration link to complete online. Please complete and submit your details online as soon as possible.

5

Undertake Extended Carrier Screening (ECS). If you are selecting a donor with a positive carrier status, you will be required to complete ECS or genetic counselling, with results uploaded to your patient file.

If you choose not to complete ECS, you must confirm that an ECS waiver has been signed with your fertility specialist and uploaded to your patient file.

We strongly recommend that patients complete either expanded carrier screening or genetic counselling to understand their selected donor's carrier status. This can be organised by your treating specialist.

6

Confirm your superannuation release (if applicable). If you are planning to use superannuation to pay for treatment, ensure your release has been approved before moving to requesting a donor.

7

Select and request your donor. Once you are Donor Ready, submit an Addam Donor Request Form to request to reserve your preferred donor.

We strongly encourage you to preference three donors per request to maximise your chances of success.

You will need a confirmed reservation before Day 1 of your period. If your donor sperm is not confirmed and available at your clinic by this time, you will need to delay treatment until your next cycle.

8

Complete your pathology screenings. Your fertility specialist will provide pathology forms for required screenings. Please complete these promptly and ensure results are uploaded to your patient file.

9

Attend your counselling sessions. Australian law requires all donor sperm recipients to complete two counselling sessions with an ANZICA-accredited counsellor. This will allow you to explore the implications of using donor sperm, including future considerations for you and your family.

10

Commence treatment. Once all steps are complete and your donor sperm has arrived at your clinic, you can proceed with treatment.

Note: Some of the above processes may have already been completed if you are an existing patient with City Fertility or Rainbow Fertility.



Things to consider

We understand that before you begin the search for your ideal donor, there is much to consider.

To help you make an informed decision, we have put together a few essential points to help you get started. To learn more visit <https://addamdonorbank.com.au/resources/things-to-consider/>

Legal implications

Addam Donor Bank and City Fertility encourage all individuals and couples to seek independent legal advice before attending the donor program.

If you have any further questions with regards to donor sperm please don't hesitate to contact our central donor team by calling **1300 0 ADDAM (23 326)** or email us at **contact@addamdonorbank.com.au**

Australia's first mobile app offering free donor search functionalities



Why is my donor no longer available?

A donor's availability can fluctuate on a daily basis. This can be due to the donor's family limit being reached, or all vials have been exhausted. On very rare occasion, a donor may withdraw their consent as a donor.

I am seeing CMV status listed for your donors. What does this mean?

- Cytomegalovirus, or more commonly known as CMV. CMV is a member of the herpes family which includes chicken pox and cold sores. CMV manifest incold or flu like symptoms. Most adults will have been exposed to the virus as a child. Once exposed to CMV you will test positive for CMV antibodies.
- If you test negative to CMV antibodies and choose a CMV positive donor, we suggest discussing this with your clinician. A waiver will need to be completed if choosing a CMV positive donor if you are CMV negative As there may be a small risk of complications.

When should I order donor sperm?

Your order should be placed at least three weeks before the intended treatment date. We cannot guarantee completion and delivery of orders placed later than this.

How much donor sperm can I order?

You are only permitted to order one donor at a time, although you can order 1 – 2 vials from that donor. Often individuals will purchase 2 vials of the same donor as it may take more than one attempt to achieve a pregnancy, and many individuals wish to have sperm reserved for sibling treatments. We may be able to procure additional sperm from a particular donor once our supplies have run out of stock but this depends on the donor's availability at the time. If you are choosing an overseas donor (NSW and QLD only) the overseas provider will be contacted. Ask your clinic for their recommendations.

According to Australian law, donors may be used to create up to 10 families in Queensland, 5 families in New South Wales, and 10 individuals in Victoria.

Can I purchase the whole donor?

Addam donors cannot exclusively be purchased for one recipient only.

Can I purchase sperm from Addam and transport it to another clinic?

To ensure family limits can be accurately tracked and are not breached, donor sperm reserved through Addam Donor Bank can only be used at City Fertility and or Rainbow Fertility Clinics.

What screening do the donors undergo?

- All sperm donors are tested for infectious diseases before donations commence. Donors recruited after September 2019 now complete an Extended Genetic Carrier Screening test which consists of 176 genetic conditions.
- Three-month quarantine period applies to all clinic recruited sperm donors.

City Fertility Sperm donors may not have been screened for Fragile X Syndrome and Spinal Muscular Atrophy prior to July 2014.

What are the treatment options available for people using donated sperm?

- **Donor Insemination (DI)**

Donor Insemination using donated sperm is a fertility procedure in which treated sperm is inserted into a recipient's uterus directly, to increase the possibility of conceiving

Donor insemination involves the use of frozen sperm from a donor. The method of artificial insemination most commonly used is Intra-Uterine Insemination (IUI).

- **In Vitro Fertilisation (IVF)**

In Vitro Fertilisation involves the fertilisation of the egg by the donated sperm in an incubator outside the body, before the embryo is transferred back into the recipient's uterus.

Your specialist will discuss your IVF treatment cycle with you. The treatment type usually depends on an individual's medical history, age, diagnosis and other related fertility factors.

What is Extended Genetic Carrier Screening?

- Donors recruited after September 2019 now complete an extended carrier screening test. If the donor is positive to one or more conditions, this does not mean the donor has the condition; merely he is a carrier. It is highly recommended that you also complete the expanded carrier screening test to ensure you are not a carrier of the same condition. If the donor and yourself were both carriers of the same condition, there would be a 1 in 4 chance your child would be born with the genetic condition.
- Please advise your treating clinician if you wish to be tested.

Who can donate sperm?

Individuals of all shapes, sizes and backgrounds are welcome to become sperm donors if they meet these criteria:

- Aged 18-45
- Healthy with no history of genetic disease. Donors will not be accepted if they suffer from an illness, disease or inherited condition that can be passed on to a child conceived from their donation
- Low risk for sexually transmitted diseases and HIV/AIDS
- Able to provide a family medical history
- If married or in a de facto relationship, the partner must consent to the donation.
- Clinic-recruited donors must have a permanent address whilst donating and be contactable for follow-up tests. They must be able to provide three identifiers and proof of permanent address (driver's licence, photo ID and passport)
- A lifestyle declaration must be signed.

Why don't you offer adult photos of your donors?

Under Australia regulation we are unable to provide the recipient with any information that may identify the donor.

With Addam, you can rest assured we'll be here
with you every step of the way, empowering
you in your journey towards parenthood.

 CITY FERTILITY



RAINBOW FERTILITY
your dream, our passion

SDA
Sperm Donors Australia

 1300 0 ADDAM (23 326)

 contact@addamdonorbank.com.au

 www.addamdonorbank.com.au

Keep in touch - @addamdonorbank

