

# Directed Donor Sperm Checklist

## Tasks to do before your fertility treatment

This handout is for patients who plan to have either intrauterine insemination (IUI) or in vitro fertilization (IVF) with a directed sperm donor.

A *directed sperm donor* is someone the person seeking pregnancy knows, but they are not sexual partners. This handout lists the tasks that need to be done before fertility treatment. The Center for Reproductive Health and Fertility works with the Male Fertility Lab to guide this process.



Scan for a digital copy of this handout.

Task	Details
<input type="checkbox"/> Start donor sperm screening process at Male Fertility Lab or sperm bank	See Male Fertility Lab information and consent forms. Prospective donor completes semen analysis.
<input type="checkbox"/> Decide what sample type and quantity you need	<b>Type:</b> <input type="checkbox"/> IUI or <input type="checkbox"/> ART/IVF <b>Quantity:</b> _____
<input type="checkbox"/> Make legal contract with donor	See Reproductive Attorney Referrals list. Each party is advised to have independent representation.
<input type="checkbox"/> Meet with fertility counselor	Intended parent(s) and directed donor are counseled separately.
<input type="checkbox"/> Group counseling session	Following individual consults, the intended parent(s) and donor are counseled as a group.
<input type="checkbox"/> Consider genetic carrier screening	Recommended to test donor and recipient to see if there are any increased reproductive genetic risks.
<input type="checkbox"/> Donor completes physical exam, lab work, and questionnaire (required by FDA)	Must be done within 7 days of sperm collection(s). Any abnormal findings require discussion and waiver before sperm is used.
<input type="checkbox"/> Donor completes collections	Usually done over a 1-week period.
<input type="checkbox"/> Infectious disease screening for you and partner, including CMV testing	Test results are valid for 12 months. If CMV status is not compatible with donor, you must sign a waiver.
<input type="checkbox"/> Ship sperm to Male Fertility Lab, if collected at another location	Complete lab consent forms and any needed waivers before shipping.

This list meets Food and Drug Administration (FDA) requirements and American Society for Reproductive Medicine (ASRM) guidelines for use of donor sperm. We advise a 6-month quarantine of sperm with donor retesting, but this step can be waived.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### Center for Reproductive Health and Fertility:

- Weekdays between 8 am – 5 pm: Call 206.598.4225
- After hours, weekends, and holidays: Call 206.598.6190 and ask to page the CRHF provider on call.
- Website: [uwmedicine.org/specialties/obstetrics-gynecology/fertility-care](http://uwmedicine.org/specialties/obstetrics-gynecology/fertility-care)