

How much does this procedure cost?

◆ Initial Semen Freeze Fee

The costs for this can be obtained from the reception staff at Fertility Solutions prior to having this procedure .

◆ Continual Storage Fee

For storage of your semen sample a 6 monthly storage fee is payable. The costs for this can be obtained from the reception staff at Fertility Solutions prior to having this procedure.

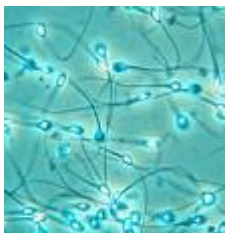
Day of Semen Freeze

You must allow at least half an hour upon dropping off the sample to the clinic for a consultation with the scientist. This meeting involves discussion of the risks involved with the freezing of your sample. A Declaration Form and a Consent form must be signed prior to the Fertility Solutions Clinic accepting your sample for freezing purposes. Both these forms will be given to you before the procedure for you to review. Any questions you may have will be answered at this point. Please do not hesitate to contact Fertility Solutions scientists if you have questions at any stage.

Unless prior consent forms are signed for the female partner to receive results they will only be released to the person providing the sample. It is a requirement of Fertility Solutions that the person whose sample was frozen, makes contact with a scientist for the freeze results. A formal report will be sent to either your specialist or GP or both, depending on your request.

One thing to remember—

Please let the Fertility Solutions reception staff know when making your booking that you want to have a Semen Freeze. The reception staff will then book a time for you to talk with a scientist prior to performing the freeze.



HOW TO ARRANGE FOR THIS TEST

Your local GP or your Fertility Specialist can arrange for you to have this test at Fertility Solutions. Phone the clinic in advance to book an appointment on **07 5441 7311** for our Nambour Clinic and **0741530719** for our Bundaberg Clinic.

If you provide us with contact details and give us your permission we will send a copy of the results to your local GP.

If you do not have a collection kit we can arrange for one to be sent to you.

There is a cost for this procedure. You will be informed of this on the day you phone to book your appointment. Please let reception know if you would like to use our on site, private collection room.

We strive to:

- ◆ **Make you feel welcome at all times**
- ◆ **Listen to your questions and concerns**
- ◆ **Work with you to fulfill your desire to create your family**

Please contact us for more information at either our **Nambour** clinic on **07 5441 7311** or email on enquiries@fssc.com.au or our **Bundaberg** Clinic on **0741530719** or email bundaberg@fssc.com.au



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*Although Fertility Solutions have made every effort to ensure the accuracy and completeness of information contained in this brochure, we assume no responsibility for errors, inaccuracies, omissions or any inconsistency herein. If you are unsure of anything, please ask your local doctor or your Fertility Specialist Nurse.



SEMEN FREEZING



***Sharing Your
Journey for Life***

SEMEN FREEZING

Semen Freezing involves the freezing of fresh sperm either via ejaculation or MESA/TESA (surgical) collection techniques. It is a very useful procedure for the following reasons:



- ◆ Preservation of Sperm for any reason (i.e. prior to a vasectomy)
- ◆ Absence of partner during a fertility treatment cycle
- ◆ The possible need for future

Assisted Reproductive Technology (ART) treatments.

- ◆ Decreases anxiety and pressure of having to provide a sample **“on demand”** on the day of the fertility procedure.

The Practical Details

Semen samples are produced by masturbation either in the privacy of your own home or in the privacy of a dedicated collection room at our Fertility Solutions Nambour clinic.

A MESA/TESA Sample is collected by a Urologist either under local or general anesthetic and this is a day surgery procedure in hospital.

Preparation for the Test:

In order to obtain an accurate result it is important to consider the following:

- ◆ **There must be a period of abstinence from sexual activity for 2-4 days.**

Less than 2 days may result in an inaccurate report of a reduced sperm count and greater than 7 days can result in an increased number of dead and abnormally shaped sperm. It is a very common misunderstanding that sperm quality improves if it is “stored up”.

- ◆ **The whole sample must be collected.**

Sometimes the whole sample is not collected in the specimen container. Should this occur it is very important that a staff member at Fertility Solutions be notified. The first part of an ejaculate is often the most sperm rich and if this is not collected, the result can be an inaccurate report of a low sperm count.

- ◆ **The sample must be delivered to Fertility Solutions within 1 hour of production.**

The longer the sperm remains in the seminal fluid the more compromised the result can be.

- ◆ **Store the sample at room temperature.**

It is not necessary to keep the sample warm or cold, room temperature is fine. Ensure that the lid is securely on the container and place it in the bag provided (a brown paper bag is OK if you haven't been given a collection bag).

- ◆ **Using a suitable collection container.**

This is particularly important as an inappropriate container can make the test results invalid. You can obtain a semen container from Fertility Solutions or a QML or SN pathology centre. Fertility Solutions can provide you with a specific collection package or you can phone us and we will be only too pleased to post this to you.

What Happens Prior to Freezing

After semen collection and prior to the freezing procedure a Semen Analysis is performed. This is an assessment of the sperm for various criteria

The table below outlines the criteria assessed and the normal ranges:

PARAMETER	NORMAL RANGE
Volume	> 2.0ml
Sperm concentration	> 20 million sperm per ml
Normal Morphology (shape)	> 14%
Motility	> 50% with forward progression

When results are outside the normal ranges as seen in the table above, the following terms are used to describe the findings:

◆ **ASTHENOZOOSPERMIA**—reduced number of motile/progressive sperm

◆ **AZOOSPERMIA**—no sperm present in the ejaculate.

◆ **OLIGOSPERMIA**—reduced number of sperm

◆ **TERATOZOOSPERMIA**—reduced number of normal shaped sperm

A written report about the quality of the sample will be sent to your General Practitioner and specialist with recommendations for future use of this sample. If the sample's quality is assessed as compromised before the freeze occurs we might recommend that you do not proceed with the freezing and storage technique or a subsequent sample is collected and frozen.

After the completion of the semen analysis, the sample is prepared and frozen using a specially formulated sperm freezing media (liquid). The protocol used is a 'slow freezing' technique and the sperm will be permanently and safely stored in liquid nitrogen.

How long can the sample be frozen for?

Essentially forever. We would take your samples out of storage for the following reasons:

- ◆ To use sample/s for any ART treatment (see Treatment Options below).
- ◆ If you indicate to us that you no longer wish to keep the sample/s stored.
- ◆ If you stop making payment of your fees.
- ◆ In the event of your death, but only under the instruction of a Last Will and Testament.

Treatment Options

Intrauterine Insemination (IUI) is sometimes referred to as artificial insemination, it is generally recommended when the semen analysis results are normal or close to normal. With this treatment, the motile sperm are separated, concentrated and inseminated into the uterus. This can improve the chances of pregnancy by increasing the number of forwardly moving, normal shaped sperm that reach the egg.

In Vitro Fertilization (IVF)

This treatment is generally recommended for normal/mild/moderate male factor infertility. The semen sample is washed, concentrated and the sperm is placed directly with the eggs in the laboratory. Using this method the chances of fertilization increases. The resulting fertilized eggs (called embryos) are then transferred back into the uterus.

Intracytoplasmic Sperm Injection (ICSI)

ICSI is usually performed when there is a severe male factor infertility. This technique maximizes the chance of the egg fertilizing as a single sperm is injected into the centre of the egg.

ICSI Procedure

