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## What must I do before Treatment?

### 1. Complete required blood tests as ordered by your physician:

- a) **Blood type:** Women with Rh negative blood type are advised to use donors who are also Rh negative.
- b) **Test for CMV (Cytomegalovirus) status:**

You should consult with your OFC physician as to whether he/she feels it's acceptable to use a donor who is positive for CMV IgG antibodies. Given the screening process, the sperm bank presumes that their donors who are positive for CMV IgG antibodies are non-infectious and not carriers for CMV. However, current experimental evidence does not guarantee that a CMV positive donor will not be infectious.

**What donors may I use if I am CMV negative?** We would highly recommend that you use a CMV negative donor.

While the risk is not zero, the chance of transmitting congenital CMV to a developing fetus from semen used at the time of conception is low. Based upon published guidelines\*, it is recommended that CMV negative patients should use CMV negative sperm donors.

\*The British Andrology Society. UK guidelines for the medical and laboratory screening of sperm, egg and embryo donors (2008); <http://www.britishandrology.org.uk/download/464/>

\*The American Society for Reproductive Medicine. Recommendations for gamete and embryo donation: a committee opinion (2013); [https://www.fertstert.org/article/S0015-0282\(12\)02256-X/pdf](https://www.fertstert.org/article/S0015-0282(12)02256-X/pdf)

\*The American Society for Reproductive Medicine. Guidelines for reducing the risk of viral transmission during fertility treatment (2006); [https://www.fertstert.org/article/S0015-0282\(06\)03367-X/pdf](https://www.fertstert.org/article/S0015-0282(06)03367-X/pdf)

- c) **Health Canada Safety of Sperm and Ova Regulations:** You should be aware of the regulations which apply to processing, importing and distribution of donor sperm. Please confirm with your donor sperm provider that the donor units you choose are Canadian complaint. For more information: <https://www.canada.ca/en/health-canada/programs/consultation-safety-sperm-ova-regulations/document.html>

### 2. **Sign Agreement for the Storage of Donor Semen Units at the Ottawa Fertility Centre** - By completing this form, you agree to the terms for delivery of sperm to the OFC as well as the payment of processing fees as detailed on the form.

### 3. **Contact a donor sperm provider** - A provider for donor sperm will assist you in selecting a donor. They will collect fees for units purchased through them, and arrange for delivery of donor units to the OFC. Four main providers for OFC are:

- i. **Xytex Canada** <https://www.xytext.com/>
- ii. **CAN-AM Cryoservices** <http://canamcryo.com/>
- iii. **ReproMed Sperm Bank** [https://www.repromed.ca/sperm\\_bank](https://www.repromed.ca/sperm_bank)
- iv. **Canada Cryobank** <http://www.canadacryobank.com/>

#### The provider will want to know the following information:

- Any allergies you may have to penicillin, other antibiotics, or egg yolk.
- Your decision regarding purchase of pre-washed or unwashed sperm. Be aware there are additional fees at OFC for processing unwashed sperm for an IUI procedure. It is not necessary however to purchase pre-washed sperm for an IVF cycle. Be sure to speak with your physician about your own individualized needs.
- Your decision whether or not to participate in the **Identification Release Program**. All information regarding this service is provided by the distributor.
- Your blood test results for CMV status (described above).
- Any genetic carrier screening test results (some donors are carriers for genetic disease, it's important you speak to your OFC physician about the options of genetic testing)

### 4. **Arrange for shipment of donor sperm units to the Ottawa Fertility Centre** - Once your donor sperm unit(s) have been received by the OFC, the donor units will be unpacked, verified and transferred to storage tank in our lab, all documentation as per Health Canada regulations will be verified, and the information will be entered into a database, and processing fees will be collected. This process **could take 1-2 weeks** and **must be completed before calling in with Day 1** for the start of treatment. Donor sperm units will only be released for use at OFC once they are available in our database and payment of processing fees has been received.

### 5. **Once your donor sperm units are available at the OFC, you may refer to OFC Intrauterine Insemination (IUI) Guide for instructions on how to proceed for treatment**