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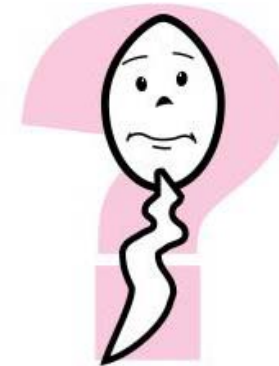
Other formats can be supplied on request. For a copy please call Quality Development on (01224) 554149. Ask for leaflet 0104

This information leaflet was based on an original by Staff Nurse Lisa Freeman of the Teenage Cancer Trust Unit, and another by the Department of Teenage Cancer, Endocrinology and Fertility, UCL Hospitals.

Feedback from the public helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.



Sperm banking what is it?



Information for young people

**Aberdeen Fertility Centre
Aberdeen Maternity Hospital**

Sperm bank?

Just as you can save your money in a bank, you can save your sperm in a sperm bank.

Why is this possibility being offered to you?

You are being offered sperm banking because the doctor knows that your illness and/or its treatment have a high chance of making you less fertile, and he thinks that this may be a good idea for you.

What is being fertile?

In a man, being fertile means being able to produce enough sperm of good quality so that there is a good chance of making a baby in the future.

What do you need to become a father?

Here is your short biology lesson!

First of all, your sexual parts need to be well developed (sexually mature). As you become a teenager, your balls (testes) begin to produce male messengers (hormones) which make your body grow hair, enlarge your balls and penis (genitals), cause your voice to drop and allow you to feel sexually aroused. This makes your penis go stiff or have a hard-on (erection) for long enough to have sex if you want to, and to come (ejaculate). The fluid you produce when you ejaculate contains the sperm. You might have experienced this already in wet dreams or when wanking (masturbating).

As a result of your illness you may not be able to produce enough sperm to make a baby in the future. Most men are still able to have sex because your body will continue to produce enough male hormone (testosterone) to allow you to become aroused. Most men are also able to ejaculate; however the fluid may not contain enough sperm to make a baby normally.



Why might you need help?

Your doctors think that your illness or the chemotherapy or radiotherapy you may receive has a high chance of damaging the number of sperm your testes can produce in the future.

How does it work?

To bank sperm, you must ejaculate into a small container by masturbating. To help arouse you there are sexy magazines and the room is private with a lock. It is important that you do not ejaculate for two days or more before your appointment to make sure that you can freeze the best sample possible.

The address of the sperm bank (laboratory) is:

The Andrology Laboratory
Aberdeen Maternity Hospital
Foresterhill
Aberdeen

☎ 01224 553211 ☎

You may wish to arrange the appointment yourself or we can do this for you.

Contact numbers

Eileen Mathers

Biomedical Scientist
Andrology Laboratory
Aberdeen Maternity Hospital
Foresterhill
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Alison McTavish

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Aberdeen Maternity Hospital
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Sisters
Assisted Reproduction Unit
Aberdeen Maternity
Foresterhill
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☎ 01224 550567 ☎

Is it safe to have babies in this way?

This is a relatively new technique; therefore we are closely following all babies born in this way. So far the babies seem very healthy and normal. If you have any queries or worries about any of this please do not be afraid to ask.

Finding support and information

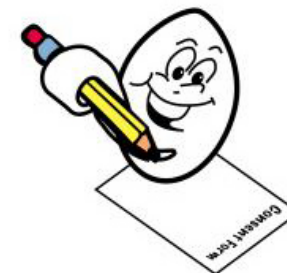
We recognise that many young people may find the idea of sperm banking upsetting and embarrassing. All the staff are used to this and are here to listen and answer your questions. Some people may choose to talk to a male member of staff, some prefer to take someone with them to the fertility clinic – a partner, friend, parent or nurse, whilst others may choose to go alone.

Banking sperm is **your choice**. If you would prefer to ask more questions before making your decision, then please call and arrange to speak to us.



Consenting to sperm banking

Only **you** (not your parents or girlfriend/partner) can give your permission to bank your sperm.



Your sperm can be stored for you as long as is necessary for you.

The first consent form you will complete will be for 10 years. During these 10 years, the Andrology Laboratory will contact you each year to ask if you want to continue storing your sample(s), and if you want to change anything on your consent form. Please remember to reply.

Towards the end of that time, you will be asked to come back to the Andrology Laboratory so that you can repeat the test to find out if your treatment has had a long term effect on your body's ability to produce sperm. If you need to keep your samples in store, then you will fill in a form consenting (agreeing) to a further 10 years' storage. The maximum length of time that samples can be stored is for 55 years.

You will have to let us know what you want to happen to your sample(s) if, for any reason, you are no longer able to give your own permission.

The forms you must sign **will** be explained to you but it is important that you understand them – so:

do not be afraid to ask any questions!

Sign them only when you are satisfied that you understand and **want** to “bank” some sperm.

So what does this mean so far?

Sperm banking is like a savings account. The sperm is kept frozen in the bank in case you find that you cannot have a baby naturally, and you need to use it to become a Dad.

No one else can ever take your sperm and use it if you have not given your written permission on a special form.

Will I be able to bank sperm?

That depends on how well developed your sexual parts are. This varies from young person to young person. If you are doubtful, or if what you have read so far is confusing, then a specialist doctor can help advise you about your chances, after examining you and talking with you.

There are other reasons why it can be difficult to store sperm. Your illness, any treatment you have had before, if you have recently ejaculated, or being nervous may all make it difficult to bank successfully. Try to relax and do not worry if you cannot produce a sample. You can try again, even from home later, at a time that you have agreed with the Andrology Laboratory. It is always better if you can bank before your treatment begins.



What happens to my sperm?

The sample you produce will be examined under a microscope to check the movement, health and amount of sperm. Even if there are only a few healthy sperm, this might still be enough to make a baby in the future. It is usually a good idea to try to freeze more than one sample, and you can arrange this for another day. If you don't have time to freeze another sample don't worry – start your treatment as recommended by the doctor.

What happens afterwards?

You can have a sperm count check if you want, to help you and your doctors find out what effect your treatment has had as you get older. You should wait for at least a year after finishing your treatment to give your body time to recover.

How does sperm banking now make a baby in the future?

Although it is not certain, there is a fair chance that the banked sample could be used in the future to help you have a baby with your wife or partner. There are different ways of doing this, which you will be told about in detail when the time comes. In that case you will both need to be happy about the treatment and to give your written permission at that time.