

Insemination with donor sperm

Patient Information

Insemination step by step:

1. Initial visit and consultation with a doctor
2. Examination
3. Some time mild hormone stimulation is used
4. Ultrasound scan of the follicles
5. Ovulation test / Ultrasound
6. Insemination with donor sperm
7. Pregnancy test

Donor sperm

Cryos

In the event of sperm cells from the husband not being sufficient, one might consider using donor sperm. We purchase donor sperm from a central sperm bank, Cryos ApS. Donors are recruited at institutes of higher education in Copenhagen, Odense and Århus. In order to become a sperm donor, one must have normal chromosomes, and no diseases.

Who

A donor candidate is excluded if:

- have any specific characteristics such as easily recognisable features
- be a carrier of any hereditary diseases such as cystic fibrosis
- In any risk groups regarding sexually transferred diseases – especially HIV, contagious hepatitis and gonorrhoea, and in this aspect one has to observe an appropriate health behaviour.

Donor sperm is freeze stored for a minimum of 6 months before released, and during this period the donor is controlled regularly as regards the above mentioned diseases, including Chlamydia, i.e. the donor is tested every 3rd month for HIV.

The decision to use donor sperm for insemination is always very difficult, and the final decision must be based upon thorough consideration. The donor is always anonymous, and the anonymity is mutual; i.e. neither you nor we can ever be informed of the donor's identity. The selection of the donor is based on the eye colour, hair colour and height.

Furthermore, please note that upon a successful pregnancy you are always welcome to address Cryos again and reserve sperm from the same donor in connection with new insemination treatment.

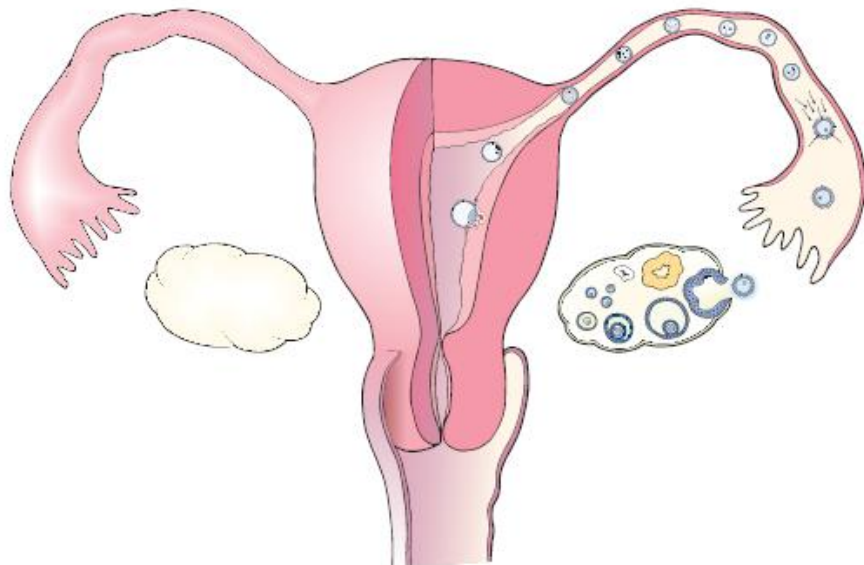
The treatment

The treatment with donor sperm is only indicated if the tubes and the uterus are normally functioning, i.e.:

Examinations

- That the woman is ovulating by herself or assisted by hormone treatment.
- That the woman has a normal uterus and normal passage through the egg tubes. This can be examined through a water scan, a hysteroscopy (X-ray) or a laparoscopy. The water scan takes app. 10 minutes and is painless. The water scan can be carried out at Nordica. Hysteroscopy (HSG) is an X-ray examination. Laparoscopy is carried out under total anaesthesia at a hospital.
- That the woman has been examined for chlamydia, cell changes and rubella.
- That you have received information regarding possible hereditary diseases.

The illustration shows a normal functioning uterus, where there is passage through the tubes and the woman ovulates and the uterus is able to receive the fertilised egg.



Kindly provided by Organon, Denmark

In order for the treatment to be successful, it is important that the ovulation, Fallopian Tubes and the uterine cavity are normal.

Stimulation

The treatment

In the case of spontaneous cycles (used for young women) to avoid multiple gestations read the instruction from day 12.

Otherwise :

A mild hormone stimulation is given using:

- Clomovid tablets (Clomid, Pergotime®). Take two tablets daily from day 3 to 7 of your cycle. Both days included.
- From day 8 to day 12 of your cycle, some patient are further advised to take one injection of Puregon®/Gonal F® daily. Both days included.

Both preparations stimulate the growth of the ovarian follicles. An ultrasound scan of the egg follicles determines the best time for insemination. Ovulation is induced with Ovitrelle® when the follicle exceeds a diameter of 18 mm. Insemination is undertaken on the next day, and repeated on the day after that, if necessary.

What to do - day by day

One of the first days of your menstrual cycle you call us between 10am and 1pm and book an appointment for an ultrasound scan. The scan will take place on the thirteenth day of your cycle.

Day 1-3

From day three to day seven of your cycle (including both days), take two Clomovid tablets (Clomid, Pergotime®).

Day 3-7

From the eight to the twelfth day of your cycle (including both days), take one ampoule of Puregon®/Gonal F® daily if that is ordered by us, otherwise do not take this.

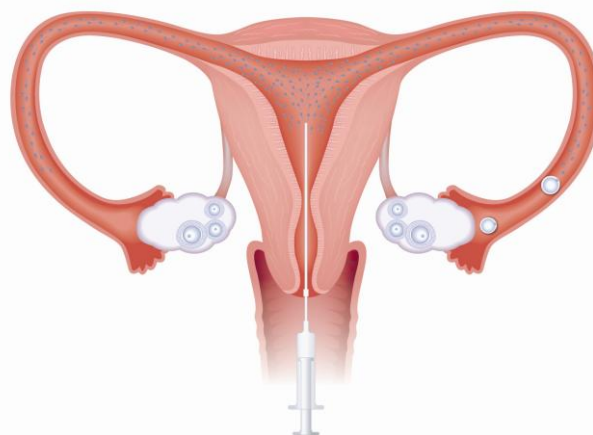
Day 8-12

On the twelfth and thirteenth day you carry out an ovulation test, using morning urine. You will get this test from us.

Day 12-13

If the test is **positive**, please call Copenhagen Fertility Centre. You will be inseminated on the following day. If this test is positive, we will only carry out one insemination.

Insemination is performed with a thin plastic catheter through the vagina. The procedure is quick and in most cases you wont feel any thing.



Kindly provided by Ferring

If the test is **negative**, you must make an appointment at the Copenhagen Fertility Centre for the thirteenth day of your cycle. You will be

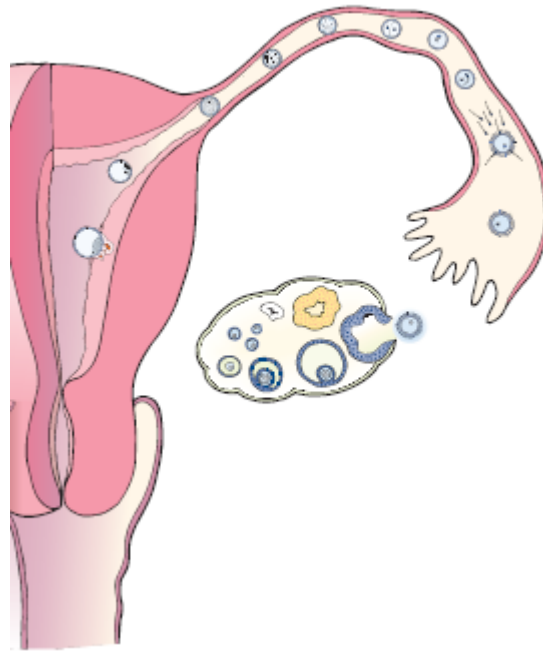
scanned. Provided the scan reveals at least one egg follicle exceeding 18 mm and not more than 3 egg follicles measuring 17 mm, you must inject Ovitrelle to induce ovulation.

Day 13

You will be inseminated twice: On the next day and the day after that. The second insemination will be carried out after your ovulation.

Fertilisation and development of the embryo

The illustration shows the process from the ovulation, the fertilisation, the development of the embryo until the pregnancy takes place in the uterus where the embryo adheres the inner wall of the uterus.



Venligst udlånt af Organon Danmark

Fertilisation can take place if sperm cells and eggs are present in the tubes at the same time. When the sperm cells meet the egg, the egg will be fertilised. Then the fertilised egg will move towards the uterus, where it will adhere to the inner wall of the uterus and become a pregnancy. During the time the fertilised egg is moving through the tube it develops from a one cell to a two cell and so forth.

The medication and possible side effects

Clomivid (Clomid, Pergotime®) tablets, 50 mg

Function: Stimulates the ovaries, resulting in larger and more mature eggs.

Dosage: Normally 2 tablets = 100 mg daily, taken 5 days from day 3-7 of the cycle. If you are over 37 years of age you take 3 tablets = 150 mg daily

Adverse effects: Transient hot flushes, nausea, blurred sight and headaches. The huge majority of women taking Clomid, however, have no adverse effects.

Puregon®/Gonal F® injektion 50 units

Function: Stimulates the ovaries, resulting in larger and more mature eggs.

Dosage: Day eight to twelve take one ampoule=50 units daily. The solution is injected subcutaneously in the lower abdomen.

Adverse effect: Local soreness in the area of injection. Risk of hyper-stimulation can occur at high dosages.

Ovitrelle®

Function: Matures the eggs in the final stages as well as causing ovulation.

Dosage: Normally 1 ampoule = 5000 units. Injected subcutaneously for example in the lower abdomen

Adverse effect: None of importance – except risk of hyper-stimulation if taken with other hormones.

Reservation of Donor Semen

When a couple have had a successful insemination, it is not unusual for them to request semen from the same donor for subsequent treatment cycles.

Ordinarily, this arrangement is possible only if they reserve some straws from that donor immediately upon confirmation of the first pregnancy.

The price is DKK 900 DDK per straw of "MOT20"-quality. The amount less ten percent is refunded if semen is later declined.

It is recommended to reserve at least twelve (12) straws.

In addition, payment must be received for the desired storage period (the period can always be extended):

1	year	900	DDK
3	years	2.200	DDK
5	years	3.800	DDK
10	years	6.500	DDK

The prices are incl. 25% VAT.

In case of reservation we recommend the recipient to take contact directly to Cryos.

The right to change prices is reserved.

The cost for insemination in our Nordica clinic is 2300 dkr per insemination.

Yours sincerely

Svend Lindenberg
Professor dr.med.