

# Intrauterine Insemination with Donor sperm



**COPENHAGEN FERTILITY CENTER**

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## Patient Information

### *Donor sperm*

If you are a women wanting donor sperm due to your husbands sperm quality, or your are single or lesbian, donor semen insemination with a anonymous donor is a possibility.

We mostly gets donor sperm samples from a central sperm bank, Cryos ApS, ut if you which other accredited sperm banks can be used.

#### **A donor candidate is excluded if:**

- have any special 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 donor is always anonymous. The selection of the donor is based on the eye colour, hair colour and height.

Your should know, that open non anonymous donors can be used in Midwife clinics in Denmark, but in Medical Doctors clinics due to Danish legislations.

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

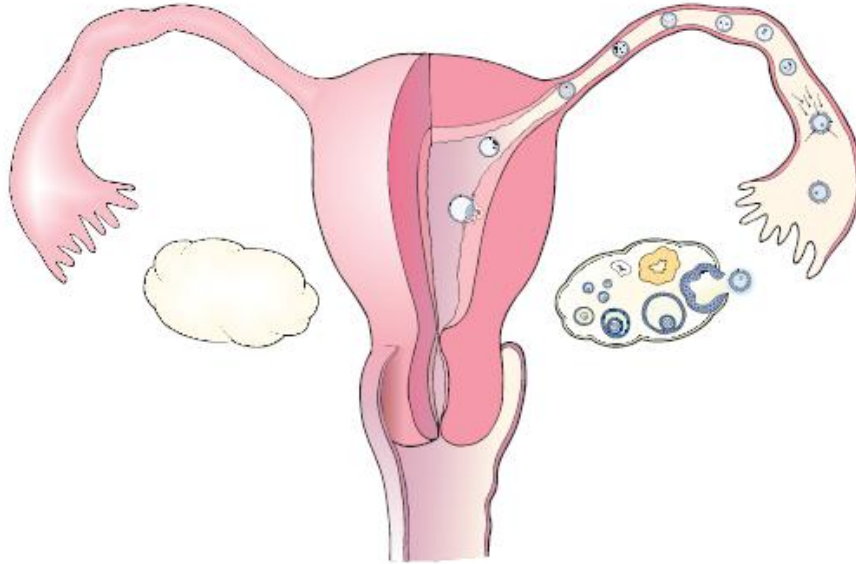
### **The treatment**

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

- 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.
- That the woman has been examined for chlamydia, cell changes and rubella.
- That you have received information regarding possible hereditary diseases.
- That they have accepted the information given about the consequences of donor insemination



## Patient Information



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*

## The treatment in details.

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.

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.



## Patient Information

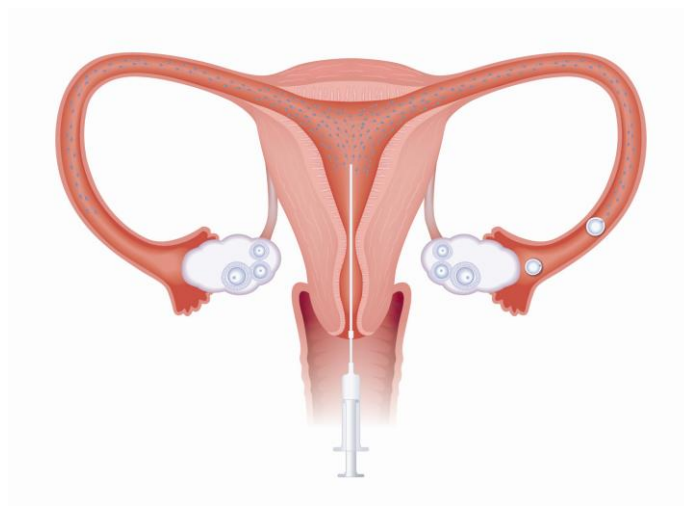
One of the first days of your menstrual cycle you call us and book an appointment for an ultrasound scan. The scan will take place on the 12<sup>th</sup> day of your cycle.

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

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.

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

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.



*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.

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



## Patient Information

### The medication and possible side effects

#### **Clomifene /Pergotime**

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

*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, Menopur.**

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

*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.

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

**The law in Denmark enable medical doctors to inseminate women up to 45 yrs of age using anonymous donor semen. This is also the case for lesbian and single women.**



**Patient Information**

INTERNATIONAL SPERM BANK Ltd. Vesterport 3. DK-8000 Aarhus C

**CRYOS**

E-mail: CRYOS@CRYOS.DK. Homepage: www.CRYOS.DK

***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.

It is recommended to reserve at least twelve (10) straws.

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

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

Yours sincerely

Svend Lindenberg

Professor dr.med.

