

Intrauterine insemination with donor sperm



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Patient Information



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Donor sperm

If you are a woman wanting donor sperm due to your husband's sperm quality, or if you are a single woman or a lesbian, insemination with an anonymous or open donor is a possibility.

Most commonly, we get donor sperm samples from accredited central sperm banks, European Sperm Bank or Cryos International.

The patient can buy the sperm directly in one of the semen banks, arrange for the transportation to our clinic and settle payment with the semen bank for this. Or buy the sperm here.

A donor is selected from criteria such as eye colour, hair colour and height.

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

A donor candidate is excluded if he:

- has any special characteristics such as easily recognisable features
- is a carrier of any hereditary diseases such as cystic fibrosis
- is 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 frozen and stored 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.

Women who live in a hetero relationship:

1. can use anonymous sperm donation from a Danish semen bank
2. can use open sperm donation from a Danish semen bank
3. can use open sperm donation from a relation who will not be considered father of the child

Women who live in a lesbian relationship:

1. can use anonymous sperm donation from a Danish semen bank
2. can use open sperm donation from a Danish semen bank
3. can use open sperm donation from a relation who will not be considered father of the child



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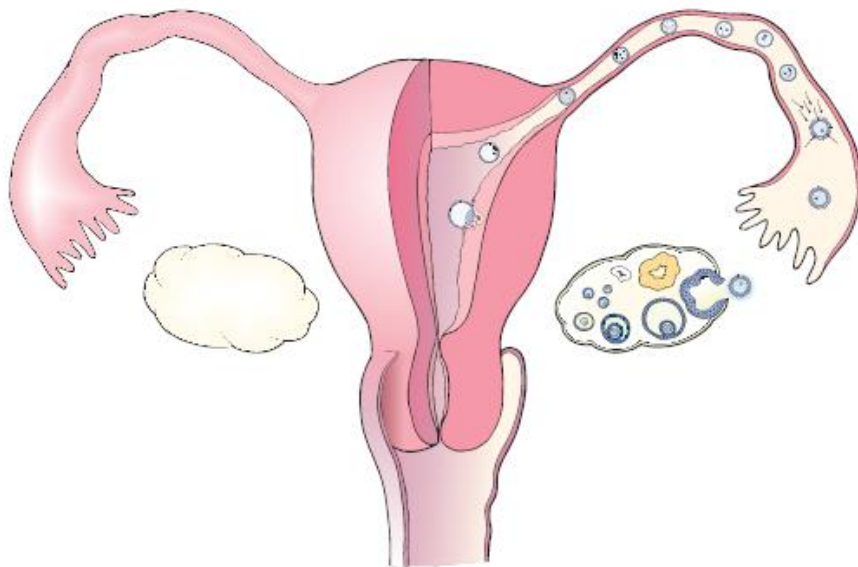
Women who live as single women:

1. can use anonymous sperm donation from a Danish semen bank
2. can use open sperm donation from a Danish semen bank
3. can use open sperm donation from a relation, but he will be considered father of the child

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 a hormone treatment
- That the woman has a normal uterus and a 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



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 fertilized egg.

Drawing kindly provided by Organon, Denmark



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The treatment in details

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

Otherwise:

A mild hormone stimulation is given by using:

- Clomovid tablets (Tamoxifen). Take 1-2 tablets daily from day 3 to 7 in your cycle, both days included.

The preparation stimulates 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.

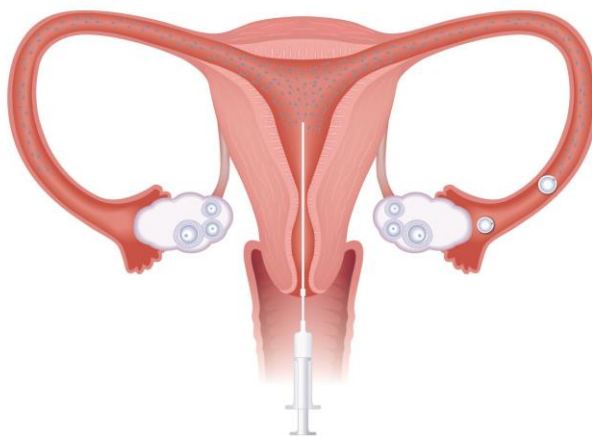
On the first day in your menstrual cycle you call us and book an appointment for an ultrasound scan. The scan will take place on the 3rd day in your cycle.

From day 3-7 seven in your cycle (both days included), you take 1-2 Clomovid tablets (Tamoxifen).

From day 9-12 day in your cycle (both days included), you take one ampoule of Puregon®/Gonal F® daily if that is ordered by us, otherwise do not take this.

On day 10 you carry out an ovulation test daily on your morning urine.

If the test is **positive**, please call Copenhagen Fertility Center for an appointment. You will be inseminated on the following day.



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Kindly provided by Ferring

If the test is **negative**, you must make an appointment at Copenhagen Fertility Center for the 13th day in your cycle. You will then be scanned. Provided the scan reveals at least one egg follicle exceeding 18 mm and not more than 2 egg follicles measuring 17 mm, you must inject Ovitrelle to induce ovulation.

The medication and possible side effects

Clomifen /Tamoxifen

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 46 years of age. This is also the case for lesbian and single women.

According to present Danish law concerning in vitro fertilisation, all patients treated in a Danish fertility clinic must have the following tests taken by their own doctor:

A cell-sample (ex. PAP smear) from the cervix which is not more than 3 years old at the start of the treatment.

Blood tests for the following less than 3 month old:

Hepatitis B and C, i.e.: HbsAg, Anti-HBc and anti HCV from the woman (and her partner).

HIV tests which is the following: anti-HIV 1+2.

TSH,TPO,prolactin,rubella



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These tests cannot be more than 3 months old at the start of the treatment and are to be renewed every 24 months when in treatment.

This note is supposed to be given to your doctor if you have not had these tests taken already. The doctor can send the results directly to the fertility clinic or you can bring them with you when you come. According to European rules of analysis of human tissue, it must be very clear in which lab the tests have been analysed.

Reservation of donor semen at the sperm bank:

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 6 straws.

In case of reservation, we recommend the recipient to take contact directly to the sperm bank.

www.cryosinternational.com

www.europeanspermbank.com

Yours sincerely

Svend Lindenberg

Professor dr. med.



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