



SPERM DONATION PROCESS- WHAT TO EXPECT

How do I donate my own sperm?

You donate your sperm by ejaculating into a sterile container. This is usually performed in a private room at the sperm banking facility, but can be done at home (we will talk more about how to do this at home later). If you are under age 18, you will have to bring an adult guardian with you when you donate sperm at a center. We suggest asking the guardian you are most comfortable with to accompany you to the facility.

If you choose to go to KU Reproductive Center, you will sign in at the front desk. Someone will call your name and take you to a private-examination room. You will have your own room (your guardian will stay in the waiting room!). There will be a TV with a DVD player, a sink to wash your hands and a comfortable recliner. Prior to masturbation, you will need to write your name and date of birth on the cup, then wash your hands. You will use self-stimulation to masturbate into the sterile cup that is provided. Leave your specimen in the room. Once you are finished, you will push a button, leave the room and exit out the back. You do not have to walk back through the waiting room. You and your guardian can pre-arrange to meet at the car or another designated spot.

If you are over 18, you can bring a partner with you to the room to help stimulate you. Sperm cannot be collected using oral sex or lubrication.

What should I bring with me to donate sperm?

Some people bring headphones with an iPod/MP3 player to listen to music. This often helps you relax more. There will be a DVD player in the room and you can also bring movies to watch. If you are under 18, there will be no sexually explicit material allowed in the room.

How to prepare to donate?

Do not masturbate/ejaculate or have sex for at least 48 hours prior to donating. This allows your body to build up sperm prior to donation. Sometimes this is not possible if you have to start therapy for your cancer right away.

What happens if I cannot ejaculate?

First, don't panic. When you are sick, ejaculating is often difficult. You can try donating sperm in the privacy of your home and bringing it in. You have to be able to bring the sperm to the collection center less than an hour after collecting it (ejaculating). You will receive a sterile cup to collect the sample in. It is important to keep the sample at body temperature. Some people do this by putting it under their shirt or in a cooler without ice. You will still need to make an appointment with the center if you are collecting your sperm at home so they know to expect the specimen.

Sperm can also be collected in another manner such as through electrical stimulation while you are sedated or during surgery.