CONVERSATION GUIDE:
Sperm Freezing

Talking to a fertility specialist may be an important step toward preserving your fertility. This tool can help you prepare your questions in advance so you can make the most of your first appointments.

Simply select the appropriate questions and print to help guide your discussions with your doctor and other clinic staff.

ABOUT THE FACILITY

- ☐ How many sperm freezing procedures does your facility do each year?
- ☐ What sperm freezing process do you use at your facility?
- ☐ Are sperm stored here or elsewhere?
- ☐ If stored off-site, how is transport handled?
- ☐ What processes do you have in place to protect frozen sperm?
- ☐ How do you ensure my sample will not be misidentified during the process and while in storage?
- ☐ How do you ensure that my sperm stays separate from others?
- ☐ How do you ensure my sperm won't be purchased or used by someone not authorized?
- ☐ Who owns my sperm sample while it is in storage?
- ☐ During what time of the day are appointments generally available?
- ☐ Who should I contact if I have questions or concerns outside of office hours?

ABOUT THE PROCESS

- ☐ How do I provide my sample?
- ☐ Is the health of my sperm assessed before freezing?
- ☐ How long can sperm be frozen and still achieve pregnancy?
- ☐ When I'm ready to use my sperm, what type of thawing procedure is used?
- ☐ Does using frozen sperm increase the risk of birth defects?

ABOUT PAYMENT

- ☐ Will you help me determine if my insurance will pay for fertility preservation?
- ☐ What financial programs do you offer?
- ☐ What is the annual cost to store my sperm?
- ☐ Are there long-term storage discounts available?

NOTES

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