



MY *fertility* STORY

# IN THE KNOW



Family-Building Options  
for LGBTQ+ Couples



# BECOMING A PARENT WHEN YOU'RE LGBTQ+

Starting a family can be overwhelming when natural conception isn't possible, but there's good news: LGBTQ+ couples can have children, and are doing so in increasing numbers. In fact, **LGBTQ+ moms and dads are proud parents to almost 4 million children in the United States.**

When you've decided you are ready to grow your family, having realistic expectations can give you peace of mind. Even if you and your partner don't have fertility issues, you'll most likely consider the use of reproductive technologies. It's important to have patience—the process can take time and may require numerous attempts.

As you move forward, you'll need knowledge of what to expect during your family-building journey. The following pages explore the obstacles unique to LGBTQ+ couples and will help you understand the options available to help you achieve parenthood.

## DID YOU KNOW

77%

of LGBTQ+ adults under 35 are either already parents or considering children, a 44% increase over the previous generation

# SEEKING HELP

Talking to a doctor is the first step toward starting your family. Before making an appointment with a clinic, you'll want to confirm it offers relevant options for LGBTQ+ couples.

At your first appointment, you may speak to doctors that specialize in fertility, such as:

- **Reproductive endocrinologists**, who treat female and male reproductive issues and can offer a full range of options
- **Urologists or andrologists**, who specialize in the male reproductive system and urological disorders

You may find it helpful to discuss treatment preferences with your partner before your first visit.

## CONSIDER IF YOU AND YOUR PARTNER WILL BE TESTED FOR FERTILITY ISSUES, PLUS:

- ♀ Will one of you be providing the egg?
- ♂ Will one of you contribute the sperm?
- ♀ Where will you get the sperm?
- ♂ Where will you get the egg?
- ♀ Who's going to carry the baby?
- ♂ Where will you find a surrogate?

## QUESTIONS FOR YOUR DOCTOR

It's a good idea to organize your thoughts before each appointment to ensure you get the most out of your visits. Prepare questions in advance, and remember not to be shy—if you don't understand your doctor's answers, don't hesitate to ask for a better explanation.



*Want guidance on what to ask your doctor?  
Visit [Fertility.com](https://www.fertility.com) or scan the QR code*

# FAMILY-BUILDING TREATMENT OPTIONS

LGBTQ+ fertility treatment options have expanded in recent years, allowing more couples to start or build a family than ever before. For some couples, options ultimately depend on age, health, and the desire to carry a child. For others, the path forward will depend on sperm quality, surrogacy options, and finances.

## FERTILITY TREATMENT OPTIONS

**Ovulation induction**, the use of fertility medications to help induce normal ovulatory cycles; used in conjunction with IUI or IVF

**IUI**, a procedure in which laboratory-processed sperm are placed in the uterus to attempt a pregnancy

**IVF**, a sequence of procedures that involves extracorporeal fertilization of gametes, including conventional in vitro insemination and ICSI

**Reciprocal IVF**, using the eggs of one partner and the womb of the other

**ICSI**, the injection of a single sperm into each egg during IVF

**Third-party reproduction**, the use of donated eggs, sperm, or embryos, and surrogacy

**Traditional surrogacy**, the use of IUI to achieve conception using the surrogate's eggs

**Gestational surrogacy**, the use of IVF to create embryos that are then transferred to the surrogate's uterus; the surrogate will not have a genetic link to the child

Remember that success rates and risk factors vary between treatments. It's a good idea to talk to your doctor about what to expect before moving forward.

IUI: intrauterine insemination. | IVF: in-vitro fertilization. | ICSI: intracytoplasmic sperm injection.

# OTHER PATHS TO PARENTHOOD

## ADOPTION

Some LGBTQ+ couples consider adoption in lieu of treatment—an alternative that can be life changing for children and parents alike. Options vary depending on parenting laws in your state, but may include working directly with:

- a baby's birth parents (*independent adoption*)
- an agency (*agency adoption*)
- a public child welfare system (*state or public agency adoption*)
- another country (*international adoption*)



More information on adoption can be found at [resolve.org](https://www.resolve.org).

## FERTILITY PRESERVATION

Cryopreservation, also known as “freezing,” involves storing sperm, eggs, or embryos at very low temperatures so they can be thawed and used later. Fertility preservation is a good option for those who want to plan for a family in the future, including transgender men and women who wish to surgically transition.

## GETTING THROUGH THE STRESS

Trying to start a family can be stressful. Use these tips to help get you through the tough times:

- Take control by educating yourself and asking your doctor questions
- Have a conversation about your feelings with your partner, family, and friends
- Get support from groups, counselors, or organizations



Visit [Fertility.com](https://www.fertility.com) or scan the QR code for more LGBTQ+ family-building facts

# PAYING FOR FERTILITY TREATMENT

The cost of fertility services can vary widely, and advanced treatments, donors, or surrogates can add significant costs above what is normally incurred. The good news is that there are many ways to help make treatment more financially accessible.

## INSURANCE COVERAGE

If you've heard that insurance doesn't usually cover infertility treatments, that's changing. Many companies are recognizing the importance of fertility assistance and choosing plans that include treatment benefits.

## SAVINGS PROGRAMS

Some fertility drug manufacturers offer savings programs to help make treatment more affordable. Program information can usually be found on the drug manufacturer's website.

## FINANCING OPTIONS

From nonprofit organizations to special grants for LGBTQ+ applicants, there are many options available to help you finance treatment.

- 💰 **CLINIC PAYMENT PLANS**
- 💰 **INFERTILITY LOAN PROGRAMS**
- 💰 **GRANTS AND SCHOLARSHIPS**
- 💰 **EMPLOYER MEDICAL ACCOUNTS**
- 💰 **HOME EQUITY LOANS AND TAX DEDUCTIONS**

# OTHER ASPECTS TO CONSIDER

Even if you think you have everything covered, it's a good idea to consult an attorney when using donor eggs, donor sperm, or a surrogate. Qualified professionals can help you navigate the emotional and legal issues that LGBTQ+ couples face when starting a family.

Your attorney will help you draft a contract that defines parental roles and co-parenting arrangements, if needed. Laws regarding parental rights vary from state to state, so it's important to evaluate your state's landscape fully before making decisions regarding surrogacy or donation.

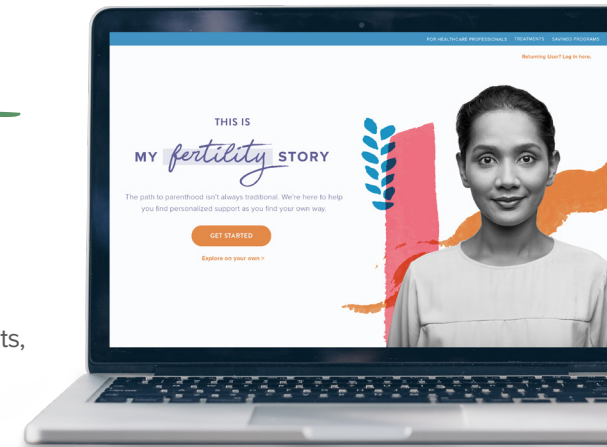


Visit [Fertility.com](https://www.fertility.com) or scan the QR code for more on surrogacy and donor laws

## MY FERTILITY STORY IS AVAILABLE 24/7

Helpful information is always accessible at [Fertility.com](https://www.fertility.com)

Find family-building resources, guides to prepare for appointments, and stories from others like you.



## LEARN MORE ABOUT LGBTQ+ FAMILY BUILDING



Family Equality Council  
[familyequality.org](https://www.familyequality.org)

RESOLVE  
[resolve.org](https://www.resolve.org)

Men Having Babies  
[menhavingbabies.org](https://www.menhavingbabies.org)

MY *fertility* STORY



*Visit [Fertility.com](https://www.fertility.com) or scan the QR code for more support on your path to parenthood*