

# Non-Identified Donor Sperm Checklist

## Tasks to do before insemination

This handout is for patients who plan to become pregnant with sperm from a non-identified donor. It lists the tasks that must be done before insemination. This list meets Food and Drug Administration (FDA) requirements and American Society for Reproductive Medicine (ASRM) guidelines for use of donor sperm.



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this handout.

Task	Details
<input type="checkbox"/> Choose sperm bank	See handout "Donor Sperm Banks."
<input type="checkbox"/> Complete sperm bank paperwork, if required	CRHF fax number: 206.598.7080
<input type="checkbox"/> Decide what type and quantity you need	<i>Type:</i> IUI, ICI, or ART/IVF  <i>Quantity:</i> Individualized to treatment type and your family-building goals.
<input type="checkbox"/> Infectious disease screening for you and your partner (if you are partnered)	Test results are valid for 12 months.
<input type="checkbox"/> Genetic carrier screening is optional, but advised	Screening will tell you if you are a carrier for the same disease(s) as a prospective donor.
<input type="checkbox"/> Visit with fertility counselor	CRHF provides a qualified social worker.
<input type="checkbox"/> Order your sperm  <input type="checkbox"/> Be sure sperm is compatible with your cytomegalovirus (CMV) status	If you are CMV negative, buy <b>only</b> CMV negative sperm. If you are CMV positive, buy either CMV positive or negative sperm.
<input type="checkbox"/> Arrange shipment of sperm to Male Fertility Lab	Complete lab consent forms.  Arrange for sperm to be shipped to:  <b>Male Fertility Lab</b>  4245 Roosevelt Way N.E., Room E179 Seattle, WA 98105  Fax number: 206.598.2807



*If you have any questions about these tasks, please ask your care team.*

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### Center for Reproductive Health and Fertility:

**Weekdays 8 am – 5 pm:**  
Call 206.598.4225

**After hours, weekends, and holidays:** Call 206.598.6190 and ask to page the CRHF provider on call.

#### Male Fertility Lab:

**For questions about sperm shipping or storage:**  
Call 206.598.1001.