



# Non-identified Donor Sperm Checklist

## Tasks to do before insemination

*This handout is for women 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.*

Task	Details
<input type="checkbox"/> Choose sperm bank <input type="checkbox"/> Complete sperm bank paperwork, if required	See handout “Donor Sperm Banks.” URC 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> You will need 1 vial for each IUI or IVF cycle. Buy more than 1 vial if you want more than 1 child with the same donor.
<input type="checkbox"/> Infectious disease screening for you and your partner (if 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	URC 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 (see address below)	Complete lab consent forms. MFL fax number: 206.598.2807

### Questions?

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

University Reproductive Care (URC): 206.598.4225

For questions about sperm shipping or storage, call the Male Fertility Lab: 206.598.1001

### Shipping Address

You must arrange for the sperm to be shipped to:

**Male Fertility Lab**  
4245 Roosevelt Way N.E., Room E179  
Seattle, WA 98105

