

Fertility Preservation Options for Boys and Young Men

Information for patients,
parents and carers



leeds children's
hospital

caring about children

This booklet is a shortened version of LN003481
"Fertility preservation options for men: *Sperm storage for patients prior to treatment that could impair fertility*. Information for patients, parents and carers " and should be supplied with it.

Please scan or click the QR code:



This booklet has been written to help you understand why you are being asked to think about putting some sperm into the freezer.

You have had to try to understand a lot of information about your illness and the treatment that is being planned to help you to get well again. Having to think about having children is not a priority and you may prefer not to have to think about it at all.

It can also be a bit embarrassing but it is something we hope you will consider in order to keep your options open in the future.

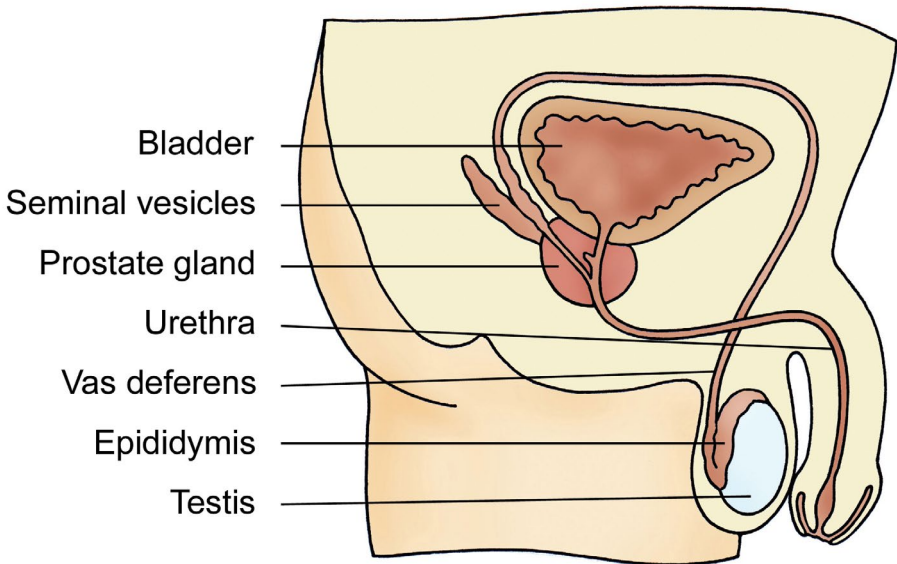
Please ask your nurse specialist or doctor any questions. We are here to help. More information is available on our website:

Please scan or click the QR code:



Why am I being asked to consider storing my sperm?

The treatment needed for your illness may reduce or prevent you from having children in the future. Fertility can be temporarily or permanently affected. It depends on the type of illness you have (e.g. type of cancer) and the type of treatment you need.



Testis: Contains the cells that make sperm. These are sensitive to damage from cancer treatment.

Epididymis: Where the newly made sperm are stored before they are released.

Vas Deferens: The tube that carries the sperm towards the outside.

Seminal vesicles and prostate gland: Produce the fluid the sperm are released in.

What happens next?

If you and the doctors in charge of your treatment think it is sensible to try to store sperm, and if there is time to do it without affecting the success of your treatment.

Your doctor or specialist nurse will:

- Arrange for some screening blood tests for you:
 - Hepatitis B, C and HIV screening
- Contact the fertility clinic for an urgent appointment.



An appointment will be given at the fertility clinic with a doctor or advanced nurse practitioner within the next few days.



At the fertility clinic

- You will meet the fertility nurse or doctor.
- Your screening blood test results will be checked.
- A medical history will be taken.
- The necessary agreements (consent forms) will be signed.
- The embryologist (person who freezes the sperm) will see you to explain what they do and offer you the chance to store some sperm.

This may happen in the same visit. The embryologist will take you to a private, lockable room at the clinic. They will give you a plastic pot and leave you alone to provide your first sperm sample by masturbation (wanking).

If a second sample is required, you may be invited to attend again a few days later. The embryologist will book that appointment with you before you leave.



The sperm sample will be stored in small portions in the long-term storage freezer container at fertility clinic.



What happens after the sperm has been put away?

The fertility clinic needs to keep in contact with you to make sure you still need and want the sperm to be stored.

We can see you at any time in between if you want to talk about anything to do with your fertility or your stored sperm.



We will definitely need to see you after nine years to check that you still need and want the sperm to be stored.

What happens if I don't want to store sperm or I'm unable to produce a sample?

It is up to you to decide if you want to or not. We are here to help whatever you choose. Nothing will change in your cancer treatment if you decide not to store any sperm. You may not be able to produce a sample at all, especially if you are very unwell.

We can still see you after your treatment if you want to know whether your fertility has been affected.

Is there anyone else I can talk to?

We know there is a lot of information to take in and this is a difficult time. Some people find it helpful to talk to someone who is not a close family member, friend or doctor / nurse involved in their treatment about how they feel and the decisions they are being asked to take.

The fertility clinic has experienced counsellors available to talk about these issues now and even in the distant future if necessary.

You just need to ask any of the team who have been helping you.



The legal stuff

The fertility clinic has to follow strict rules for storing sperm and this does mean that you will need to fill out some paperwork telling us you understand what is being done and why and what you think you want to happen in the future. We will help you understand this and do it carefully.

Young people under 18 years old can give consent. It is not essential to obtain the consent of your parent or guardian under these circumstances although we always try to do so.

Contact us

Fertility Preservation Team at Leeds Centre for Reproductive Medicine

- By telephone: 0113 206 3571



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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