



Sperm Donation

Becoming a sperm donor

Information booklet



WIJNLAND
Sperm Bank

Welcome to Wijnland sperm bank! We are so excited to have you joining our family. Being a sperm donor is a noble gesture that gives families and individuals a chance at parenthood that might not have been possible before.



The decision to donate your sperm is a big one and this booklet serves to provide the information necessary to assist you in making an informed decision. The following will be addressed:

GENERAL INFORMATION

INFORMATION SESSION

SEMEN ANALYSIS

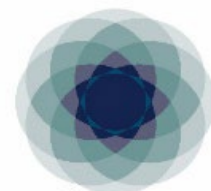
BLOOD SCREENING

DOCUMENTS

DONATION PROCEDURE

FREQUENTLY ASKED QUESTIONS

THE TEAM



GENERAL INFORMATION

What is a sperm bank?

- A sperm bank freezes and stores sperm samples, also known as the cryopreservation of sperm.
- This procedure can be done for patients in need of preserving their fertility or for use in fertility treatment, due to a variety of personal or medical reasons.
- Another function of a sperm bank is to provide sperm donor samples to patients, due to various reasons, who require it in order to conceive a child.



Why should I donate my sperm?

- Donating your sperm means that you are part of creating modern families. When you donate, you help people who might not previously have been able to become parents. You will make a significant contribution to the creation of a modern family – a family that might not have existed were it not for you.
- Although the act of becoming a donor is extremely noble, it is a very important decision. Thus, we will answer all the questions you might



have and you are free to contact us if you are unsure about anything. To us the most important part of the process is that you are comfortable with your decision and that you are 100% informed of the journey that lies ahead.

Who can use donor sperm?

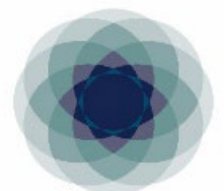
- Various reasons could exist why donor sperm would be needed in order to conceive a child. Below we mention a few examples where donor sperm can be utilized;
 - Azoospermic male patients, who do not have sperm present in the produced semen sample. This diagnosis is confirmed by means of a testicular biopsy.
 - Single female patients ready to start a family.
 - Same-sex female couples.

Who can be a sperm donor?

- If you answer 'yes' to all the questions below you can apply to become a sperm donor:
 - Are you older than 18 and younger than 40 years of age?
 - Is your minimum qualification a South African matric certificate or equivalent high school qualification?
 - Can you travel to our clinic, which is located in Stellenbosch, at least once a week for 6 weeks during office hours?
 - Do you smoke fewer than twenty cigarettes per week?
 - Are you drug free and do you live healthily?

INFORMATION SESSION

There is a lot to think about and to consider when it comes to becoming a sperm donor. There might also be things you haven't thought of yet - but don't worry, we've got this covered. We are committed to offering every donor extensive guidance and support.





Potential donors, who have met the prerequisites and applied, will be requested to visit the clinic/have a virtual meeting. The [fertility counsellor](#) will have an [information session](#) with you to provide guidance and explain the process of donating and will also answer all the questions you might have regarding the process. The information session serves to ensure that you understand the process and that you make a [well-informed decision](#).

Some [ethical](#) points to ponder, would you tell your potential future partner and possible potential future children that you were a sperm donor? Remember, donating your sperm is a [lifelong](#) decision!

The [National Health Act](#) of 2003 (as amended in 2016) provides specific laws and regulations that sperm donor agencies and fertility clinics need to strictly adhere to. There are several medical, ethical, psychological and legal aspects that need to be addressed when sperm donation is considered such as:

- It is your legal responsibility to ensure that the information disclosed, regarding your own and



your family's medical history, is provided accurately and **truthfully** to the best of your knowledge.

- The donation process is completely **anonymous**. The South African law prohibits disclosure of donor and recipient identities.
- You are treated as a patient and results will be given in the same manner.
- It is your responsibility to maintain a **healthy lifestyle** during the course of the donation.
- You will not be legally bound or responsible in any form for any children conceived through your donation, thus you **relinquishes all parental rights indefinitely**.
- Should you be diagnosed with any serious medical condition that could be genetic, you are obliged to contact us.
- According to Chapter 8 of the National Health Act (Act No. 61 of 2003), Regulations Relating to Artificial Fertilisation (Government Gazette, 30 September 2016), a donor may legally not have more than **six live births**, thus no more than six children may be born from a single donor's gametes, excluding the donor's own children.
 - At Wijnland Sperm Bank we strictly adhere to this law. Detailed records are kept of each donor which includes the donor's medical history, profile, donations and all events relating to the issuing of the donor's gametes. Thus, it is extremely important that once donor gametes have been used for any fertility procedure, at any fertility clinic, and a pregnancy is achieved, the donor bank be notified of the pregnancy outcome in order to ensure legal adherence.
- You are allowed to state if you have any **preferences** for who can have access to the donated sperm. E.g. Race, sexuality, nationally, religion etc.
- Once the donation is complete, you will be **compensated** (R8500) for your time, travel and



effort. Please allow 7 working days for the money to reflect into your account.

- It is of extreme importance to us that you understand that you are allowed to withdraw consent at any point before the use of the sperm.

SEMEN ANALYSIS

After the information session, a semen analysis will be scheduled for you. A [semen analysis](#) (sperm test) is a test that is performed on a [male's ejaculate](#). This test concludes a fertility-related diagnosis that relates to parameters of the semen sample.



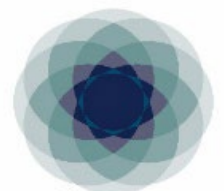
The embryologist will call you within 3-5 working days with your results. Depending on the outcome of your results, we will either **decline** or **accept** you as a sperm donor.

Please remember that if we cannot accept you based on your results, this does not mean that you cannot have your own children in the future!!

Did you know that men make [new sperm every 3 months](#)?

Instructions for passing a semen sample for analysis:

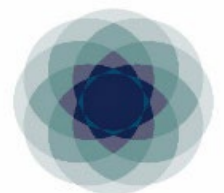
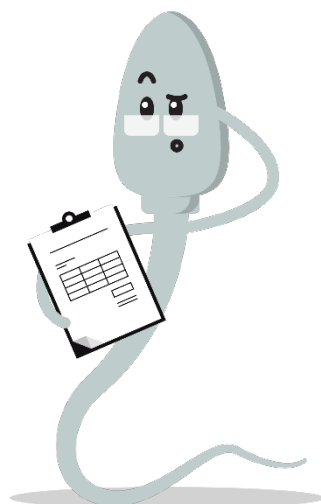
- 2-4 days of sexual abstinence is needed for best results. No samples will be accepted with too long or too short abstinence period.



- You should preferably produce the semen sample at the clinic, where we have a private facility available.
- If the sample is produced at home, it should be at the clinic within 1 hour.
 - Please transport the sample at body temperature (especially in winter), by keeping the container in your pocket or elsewhere close to your body.
- Sperm tests are done from Mondays to Thursdays: 07h30-14h00
- Stellenbosch: Oewerpark 9, Rokewood Avenue, Die Boord, Stellenbosch. Please use the entrance on the second floor.
- Contact the clinic on 021-882 9666 or e-mail admin@wijnlandfertility.co.za to schedule an appointment.

How to produce a sample?

- Empty your bladder.
- Wash your hands with soap and water. Wash the glans of the penis with water and dry. Do not use soap or lubricants to produce the sample.
- Pass the sample by masturbation into the sterile container provided.
- Close the container tightly and fill in your name, time produced and days of abstinence on the label. Put the container back into zip bag and package. **SAMPLES WITHOUT NAMES WILL NOT BE ACCEPTED.**
- If you cannot pass a sample by masturbation, please call the laboratory to discuss possible alternatives.



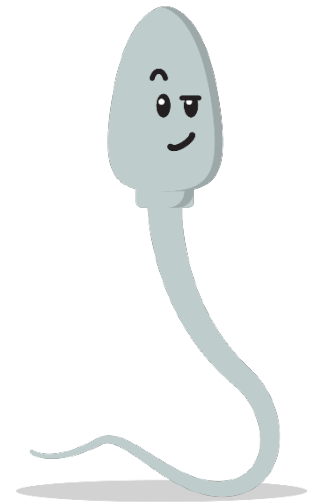
BLOOD SCREENING

Pending the outcome of your semen analysis, we will request a few blood tests. These blood tests consist of sexually transmitted diseases (STDs) - HIV, Syphilis, Hepatitis B & C, Gonorrhoea and Chlamydia.

DOCUMENTS

After your blood screening has come back normal, we will ask/send the necessary documentation:

- Current picture of yourself (for our file)
- Copy of you ID/Passport
- Copy of your highest qualification/proof of registration (if still studying)
- Banking details
- Signed consent form
- Hand written message
- Children photo/s – not older than 5 years of age (optional)



DONATION PROCEDURE

Once we have received your documents you are ready to donate!

One to two samples are usually needed per week, depending on your schedule. The time frame for this is usually two to four months.

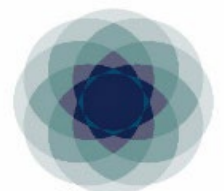
The lab will keep you updated throughout your donation with regards to your completion/progress.

FINAL BLOOD SCREENING

Once you have completed your donation you will have to go for a final round of STD blood tests.

COMPENSATION

You will be compensated R8500 (for your time, travel and any reasonable expenses incurred due to the donation process) AFTER the successful completion of the last STD



blood screening producing a negative result. Thus, payment will only occur if the donor was successful.

FREQUENTLY ASKED QUESTIONS

Do I have to be a South African citizen to donate?

- No, we welcome non-South African donors who are in possession of legal citizenship.

How old must I be to qualify as a donor?

- Older than 18 and younger than 40.

How does compensation work?

- The donor is remunerated after the last donation and if all STD blood tests come back negative, thus when the donor is accepted.

Can I donate on weekends?

- No, unfortunately we only accept samples during office hours and before 15h00 but a donation schedule will be arranged with you.

How long will I be participating in the donation programme?

- You have the choice to donate once or twice a week, with 2-4 days sexual abstinence in between. The overall donation period is, on average, three to four months.

What are the costs involved in becoming a donor?

- There are no costs involved in becoming a donor; all costs are covered by the clinic that relates to the donation.

THE TEAM



Dr Johannes van Waart – fertility specialist.



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Lizanne van Waart – Fertility counsellor, Founder and Owner of the Donorbanks. You will see her for your information session & any support you need.



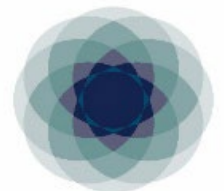
Angela Rinsma- Embryologist & Head of Donor Banks. You will see her for your initial semen analysis and donation thereafter.



Natasha Kotze- Donor bank administrator. All your documents and appointments will be scheduled with her.



Yvette van Waart – Donor Bank Office Manager.



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Thank you for choosing Wijnland sperm bank to
help build modern families!



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