



Becoming a Sperm Donor

Thank you for your interest in becoming a sperm donor!

It's the chance to make a real difference and help change someone's life forever.

You are giving people hope and the possibility of a new life.

You are giving a chance for someone to experience the joy of a family.

What sperm donors tell us:

'I had the potential to have a massive positive impact on someone else's life'

'I can understand how it feels not to be able to have a child'

'I can do it – it helps someone'

'It is one thing I can do easily'

Why are Sperm Donors needed in the UK?

The process of having children is seen as being a very natural and relatively simple one.

Most people take it for granted; at least until they discover that they may not after all be able to conceive children. This realisation can have far reaching implications for many people.

Most of us do not realise that even for those who "do not have any difficulty in conceiving" the average chances of conceiving are only about 20-25% per cycle. (Interestingly this is about the same chance of becoming pregnant through some assisted conception techniques.)

Indeed, one in seven couples will have fertility problems at some stage in their lives.

There can be many reasons why some couples fail to achieve a pregnancy.

The male partner may have sperm abnormalities, poor sperm production or no sperm at all.

Some men carry inherited genetic diseases and are thus seeking donated sperm so as not to transmit the disease to their children.

There is a shortage of sperm donors and many people have to wait to benefit from donated sperm. Some couples are fortunate enough to have friends and family willing to donate sperm as a 'known donor'. However most are not so fortunate and thus they are likely to be 'in the queue' waiting for around 1 year on average for sufficient donors to volunteer to donate their sperm.

Over 500 sperm donors are needed annually in the UK, last year there were only 384.

Donors from all nationalities, religions, ethnicities and cultures are needed to fulfil the demand.

James, sperm donor: 'I have been asked why I've wanted to be a sperm donor. In short, because I can'

Dave, sperm donor: 'It's a gift that you can give which changes someone's entire world for their entire life.'



Would you make a suitable donor?

Donors are people from all walks of life – there is no such thing as a 'standard donor'. What they have in common is a desire to help people to achieve the pregnancy they otherwise couldn't have.

The British Fertility Society guidelines state that all healthy men who are aged between 18 and 40 are eligible to donate. However, clinics and individuals have the right to accept donors who are older.

They also need to be free from any serious medical problem and disability and with no history of congenital, family or hereditary disease.

Information will also be required from you about your medical and family history. Potential donors will also need to have blood tests, a general medical examination and produce a sperm sample at the clinic.

As it is usual for there to be an attempt to match the physical characteristics of both the donor and the recipient, general physical characteristics of eye and hair colour, height, weight, race and complexion are taken into account and are recorded.

With the potential donor's permission, their General Practitioner will be contacted in order to obtain a more detailed medical history.

You would need to be willing to attend the clinic regularly for up to six months for initial testing and then donating, keep in contact with the clinic and then attend a final screening 6 months after your last donation.

Richard and Sandra, sperm donation recipients: 'When we were told that we would never be able to have children we were devastated. Thanks to our donor we now have beautiful twin boys that are the centre of our world. We will never be able to thank him enough for his most generous gift'

Laura and David, sperm donation recipients: Our lives, since having the children are 100% better than we could have ever dreamed. Nothing we can say can ever come close to thanking the man who made this possible.

For many years we were broken hearted. Now we have a normal and very happy family. Our lives have been totally transformed thanks to our donor – thank you.

Each night we tuck up our treasured, bright, wonderful little girl and our completely mad, sweet, beloved little boy – because of the generosity of just one man. Thank you.

Steve, sperm donor: 'Parenthood is the best thing that's happened to me. I became a donor to support others in gaining this wonderful experience'.

The process of donating

Your clinic will ask you to abstain from sex and masturbation for between 2-3 days before donating.

A private, lockable room will be provided for you to produce the sperm sample by masturbation. The sperm sample is then passed to the laboratory staff at the clinic for treatment and storage.

Your clinic will advise you how many times they would like you to attend to donate – it may be up to 2 or 3 times a week for anything up to 4 months.

James, sperm donor: 'Yes, there can be a stigma attached to being a sperm donor – but there is also the fact that along with that, I have helped 10 families achieve their hopes and dreams'.

Daniel, sperm donor: 'Having children of my own, I can appreciate how empty life would be without them. Taking a small fraction of time out of my own life to help someone have the chance to love and raise their own children is one of the easiest, selfless things I have done.'



What does the law say about donation?

Over the last few years, attitudes towards donation and people's right to know about their parentage and genetic origins have changed.

Like adopted people, people born from donations have the right to ask the regulatory body (The Human Fertilisation & Embryology Authority) (HFEA): <http://www.hfea.gov.uk> for the donor's identity when they reach age 18 or older.

All the clinics in the enclosed list are HFEA licensed: this means they must conform to strict medical, legal and ethical standards to ensure that everyone involved in the donation is protected and clear about their legal position:

You can change/withdraw your consent at any time up to the point at which the sperm (or embryos) are being transferred to the recipient.

You can also say who you want to receive your sperm and how many families you would like to help (the maximum number of families you can help is 10).

The person/people who received your donation will be the child's legal and social parent(s) – you will not be named on the birth certificate.

You have no legal, financial or social obligations to any child created from your donation either now or in 18 years time.

You must tell your clinic of any inherited disabilities and/or physical and mental illnesses in your family; a donor-conceived person born with an abnormality could sue you for damages if it was proved you had deliberately with-held information.

Your clinic will give you a special HFEA form to complete. This form is for personal details about yourself that could be handed to the donor-conceived person when they reach age 18 or older. This information enables the child's parents to talk to them about their origins as they grow up and helps them build a mental picture of you.

If you would like them to, your clinic will be able to tell you whether a baby/babies were born as a result of your donation and, if so, how many births, how many children, the sex of any such children and/or the year they were born.

Your decision to donate sperm is an important one, with life-long implications.

All potential donors are provided with information and offered counselling to help them make an informed decision.

These sessions can be helpful in exploring how your decision will affect you, your partner and any children you may have now or in the future.

You will be offered counselling before, during and after the donation.

Donors may claim expenses incurred in connection with the donation process, for example the cost of childcare, travel costs and other out-of-pocket expenses.

Additionally, you can also claim compensation for loss of earnings up to a daily maximum of £55.19, with an overall maximum of £250 per course of sperm donation.

Your clinic will discuss with you how and when they will re-imburse you; some clinics re-imburse as and when expenses occur; others will pay you at the end of the course.

James, sperm donor: 'I'm still trying to get my head around why people are so appreciative of my time and actions.... I consider my actions to be that of just helping out'.



What next?

We have a list of sperm donors who are happy to speak to others considering donating sperm, so please contact us if you would like to speak to them.

Alternatively, you can use our online donor forum via our website www.ngdt.co.uk

If you are happy with the information above, we recommend you contact a few clinics from the enclosed list. Have a chat with them about anything that may be particularly important to you (clinic opening times, ease of parking, evening appointments, drop-in systems etc) and then decide which clinic you would like to go to.



UK Licensed Fertility Clinics who recruit sperm donors:

Avon

Bristol Centre for Reproductive Medicine
Southmead Hospital
Westbury on Trym
Bristol BS10 5NB

Contact: Ms Shona Harrison
Tel: 0117 3232 100
Fax: 0117 3232 001
Email: shona.harrison@nbt.nhs.uk
Age limit: 40

Dorset

The Fertility Centre
The Winterbourne Hospital
Herringston Road
Dorchester DT1 2DR

Contact: Julian Allsopp
Tel: 01305 756622
Fax: 01305 756707
Email: jallsopp@bmihealthcare.co.uk
Age Limit: 45

Hampshire

Wessex Fertility
Anglesea House
72 – 74 Anglesea Road
Southampton SO15 5QS

Contact: Ms Jan Stones
Tel: 02380 706002
Fax: 02380 775288
Email: info@wessexfertility.com
Accepts gay donors
Age Limit: 40

Kent

South East Fertility Clinic
Amberley House
9 Queens Road
Tunbridge Wells
Kent TN4 9LL

Contact: Ms Rachel Wicks
Tel: 01892 614110
Fax: 01892 549594
Email: rachel.wicks@sefc.co.uk
Accepts gay donors
Age Limit: 45

Leicestershire

Leicester Fertility Centre
Kensington Building
Leicester Royal Infirmary
Leicester LE1 5WW

Contact: Jane Blower
Tel: 0116 258 5944
Fax: 0116 258 7688
Email: jane.blower@uhl-tr.nhs.uk
Age Limit: 40

Liverpool

Hewitt Centre for Reproductive Medicine
Liverpool Women's Hospital
Crown Street
Liverpool L8 7SS

Contact: Dr Iwan Lewis-Jones
Tel: 0151 702 4215
Fax: 0151 702 4342
Email: i.lewis-jones@liv.ac.uk
Accepts gay donors
Age Limit: 45



London

Assisted Conception Unit
King's College Hospital
Denmark Hill
London SE5 9RS

Contact: Ms Marta Jansa
Tel: 020 3299 5391
Fax: 020 3299 5392
Email: marta.jansa@nhs.net
Accepts gay donors
Age Limit: 45

The Bridge Centre
1 St Thomas Street
London SE1 9RY

Contact: Ms Kayleigh Pethick
Tel: 020 7403 9098
Fax: 020 7403 8775
Email: cryoservices@thebridgecentre.co.uk
Accepts gay donors
Age Limit: 45

Lister Fertility Clinic
The Lister Hospital
Chelsea Bridge Road
London

Contact: Sperm Bank
Tel: 020 7881 4035
Fax: 020 7259 9039
Email: spermdonation@LFClinic.com
Age Limit: 40

London Fertility Centre
112a Harley Street
London W1G 7JH

Contact: Ms Janette Yates
Tel: 020 7224 0707
Fax: 020 7224 3102
Email: donorsperm@lfc.org.uk
Accepts gay donors
Age Limit: 45

The London Women's Clinic
113 – 115 Harley Street
London W1G 6AP

Contact: Ms Amy Stewart
Tel: 020 7487 5050
Fax: 020 7487 5850
Email: amy.stewart@londonwomensclinic.com
Age Limit: 45

London Sperm Bank
Dr Louis Hughes
99 Harley Street
London W1G 6AQ

Contact: Meryl Santis
Tel: 020 7935 9004
Fax: 020 7935 6494
Email: meryl@londonspermbank.com
Age Limit: 40

Manchester

Manchester Fertility Services
120 Princess Road
Manchester M15 5AT

Contact: Mrs Jo Adams
Tel: 0161 227 0010/0055
Fax: 0161 227 0011
Email: joanne.adams@manchesterfertility.com
Accepts gay donors
Age Limit: 40



Dept of Reproductive Medicine
St Mary's Hospital
Whitworth Park
Manchester M13 0JH

Contact: Greg Horne
Tel: 0161 276 6340
Fax: 0161 224 0957
Email: greg.horne@cmmc.nhs.uk
Accepts gay donors
Age Limit: 45

Northamptonshire

CARE Fertility
67 The Avenue
Cliftonville
Northampton NN1 5BT

Contact: Mr Paul Wilson
Tel: 01604 601 606
Fax: 01604 603 275
Email: paul.wilson@carefertility.com
Age Limit: 45

Northern Ireland

Regional Fertility Centre
Royal Jubilee Maternity Service
Grosvenor Road
Belfast BT12 6BB

Contact: Dr Debbie Lutton
Tel: 02890 635875
Fax: 02890 634435
Email: deborah.lutton@belfasttrust.hscni.net
Accepts gay donors
Age Limit: 40

Nottingham

Queens Medical Centre Fertility Unit
Dept of Obstetrics and Gynaecology
Queens Medical Centre
Nottingham NG7 2UH

Contact: Dr Mat Tomlinson
Tel: 0115 924 9924, ext 62831
Fax: 0115 919 4497
Email: mathew.tomlinson@nuh.nhs.uk
Accepts gay donors
Age Limit: 45

CARE Fertility
John Webster House
6 Lawrence Drive
Nottingham Business Park
Nottingham NG8 6PZ

Contact: Mrs Davina Hulme/Ms Lucy Jenner
Tel: 0115 852 8151
Fax: 0115 852 8196
Email: davina.hulme@carefertility.com
Age Limit: 45

Oxfordshire

Oxford Fertility Unit, Level 4
Women's Centre, John Radcliffe Hospital
Headington
Oxford OX3 9DU

Contact: Tanya Connolly
Tel: 01865 740837
Fax: 01865 222 031
Email: tanya.connolly@fert.org.uk
Age Limit: 45



Scotland

Aberdeen Fertility Centre
Aberdeen Maternity Hospital
Foresterhill
Aberdeen AB25 2ZD

Contact: Eileen Mathers & Lorraine Stewart
Tel: 01224 553612
Fax: 01224 551072
Email: lah.stewart@abdn.ac.uk
and: eileen.mathers@arh.grampian.scot.nhs.uk
Accepts gay donors
Age Limit: 45

Assisted Conception Unit
Ninewells Hospital
Dundee DD1 9SY

Contact: Ms Anne McConnell
Tel: 01382 632 111
Fax: 01382 633 853
Email: anne.mcconnell@nhs.net
Accepts gay donors
Age Limit: 45

Assisted Conception Services Unit
Glasgow Nuffield Hospital
Beaconsfield Road
Glasgow G12 0PJ

Contact: Sister Alison Kennedy
Tel: 0141 576 2748
Fax: 0141 576 2743
Email: alison.kennedy@nuffieldhospitals.org.uk
Age Limit: 40

Glasgow Centre for Repro Medicine
21 Fifty Pitches Way
Cardonald Business Park
Glasgow G51 4FD

Contact: Jude Fleming
Tel: 0141 891 8749
Email: jude@gcrm.co.uk
Accepts gay donors
Age Limit: 45

Glasgow Royal Infirmary
Assisted Conception Services
Walton Building
84 Castle Street
Glasgow G4 0SF

Contact: Ms Isabel Traynor
Tel: 0141 211 4428
Fax: 0141 552 5681
Email: isabel.traynor@northglasgow.scot.nhs.uk
Accepts gay donors
Age Limit: 45

Sussex

Assisted Conception Unit
The Esperance Hospital
Hartington Place
Eastbourne BN21 3BG

Contact: Ms Jane Skelton
Tel: 01323 410 333
Fax: 01323 410 333
Email: sussexdownsfertility@bmihealthcare.co.uk
Accepts gay donors
Age Limit: 45



Tyne & Wear

Newcastle Fertility Centre at LIFE
Bioscience Centre
International Centre for Life
Times Square
Newcastle upon Tyne NE1 4EP

Contact: Dr Jane A Stewart
Tel: 0191 213 8213
Fax: 0191 213 8214
Email: nfcl.enquiries@nuth.nhs.uk
www.newcastle-hospitals.org.uk
Accepts gay donors
Age Limit: 45

Wales

IVF Wales
University Hospital of Wales
Heath Park
Cardiff CF4 4XW

Contact: Mr Peter Ashley
Tel: 02920 743 055
Fax: 02920 745 499
Email: stephanie.herring@cardiffandvale.wales.nhs.uk
Accepts gay donors
Age Limit: 45

West Midlands

Birmingham Women's Hospital
ACU, Edgbaston
Birmingham B15 2TG

Contact: Dr Jackson Kirkman-Brown
Tel: 0121 627 2739
Fax: 0121 623 6827
Email: jackson.kirkman-brown@bwhct.nhs.uk
Accepts gay donors
Age Limit: 45

BMI Priory Hospital
Priory Road, Edgbaston
Birmingham B5 7UG

Contact: Ms Amrit Surdhar
Tel: 0121 446 1501
Fax: 0121 446 1507
Email: priory@bmihealthcare.co.uk
Age Limit: 40

Midland Fertility Services
3rd Floor, Centre House
Court Parade
Aldridge
Walsall WS9 8LT

Contact: Ms Su Barlow
Tel: 01922 455 911
Fax: 01922 459 020
Email: su.barlow@midlandfertility.com
Accepts gay donors
Age Limit: 45

Shropshire and Mid Wales Fertility Unit
Royal Shrewsbury Hospital
Mytton Oak Road
Shrewsbury SY3 8XQ

Contact: Miss Sarah Gaden
Tel: 01743 261199
Fax: 01743 261458
Email: sarah.gaden@sath.nhs.uk
Age limit: 45



Yorkshire

Centre for Reproductive Medicine
Jessop Wing
Tree Root Walk
Sheffield S10 2SF

Contact: Ms Anne Mowforth
Tel: 0114 226 8050
Fax: 0114 226 8052
Email: anne.mowforth@sth.nhs.uk
Age Limit: 45

The Hull IVF Unit
Women's & Children's Hospital
Hull Royal Infirmary
Anlaby Road
Hull HU3 2JZ

Contact: Ms Christine Leary
Tel: 01482 382 648
Fax: 01482 382672
Email: hullivf@mail.com
Accepts gay donors
Age Limit: 45

CARE Sheffield
24 – 26 Glen Road
Sheffield S7 1RA

Contact: Mrs Rachel Smith
Tel: 0114 258 9716
Fax: 0114 255 4853
Email: sheffield@carefertility.com
Age Limit: 45

The Leeds Centre for Reproductive Medicine
Seacroft Hospital
York Road
Leeds LS14 6UH

Contact: Nichola Sugden Sister / Egg Donation
Tel: 0113 206 3106 / 206 3100
Email: nichola.sugden@leedsth@nhs.uk