Thinking about becoming a sperm donor?

Your options

Considering becoming a donor?

I know the recipient or want to donate to someone via an introduction website.

I want to help someone who I don’t currently know become a parent.

I don’t know the recipient - I understand that the child can receive identifiable information about me at age 18.

You can find a clinic in the UK by visiting the HFEA website.

Contact the clinic to find out more information. If you want to go ahead, complete a clinic application form.

If your application is accepted, then a semen analysis is carried out and you will have a discussion about the implications of becoming a donor.

If the semen analysis is ok, a medical consultation will be carried out during which you will be screened for infections, undergo genetic testing (if required) and be asked about your medical history.

What is the HFEA?

The Human Fertilisation & Embryology Authority (HFEA) is the UK’s independent regulator overseeing the use of sperm, eggs and embryos in fertility treatment and research.

All HFEA-licensed clinics must conform to strict medical, legal and ethical standards. This ensures that everyone involved in the donation is clear about their legal position and is protected by law.

The HFEA records information on donors and on any children conceived as a result of their donation from 3 August 1991 – the date the HFEA was set up – and onwards.

Find out more information on the HFEA website.

Thank you

Your sperm will be used in fertility treatment to create up to 10 families (unless you want to donate to fewer families). After donating you can update your contact information when necessary by contacting your clinic or the HFEA.

If your donation is accepted, you will be registered with the HFEA. You will need to complete a personal description of yourself and write a goodwill message to any child born from your donation.

Download the information leaflet to help you write about yourself.

If the semen analysis is ok, you will be offered/will attend counselling, complete consent forms and discuss how many families to donate to (up to 10).

Ideally you will donate on a roughly weekly basis for up to 10 visits (unless you are donating to fewer than 10 families). You can receive compensation for each visit.

Your sperm will be re-screened six months after your last donation. Some clinics may reduce this to two months in certain cases.

Are you donating to someone you know or don’t know? Think carefully about the implications of becoming a donor and do your research.

Download the information leaflet to find out more about the implications of donating in different ways.

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