

## Other things you need to know

- Think about whom you will feel the most comfortable taking with you to the sperm bank. Some guys feel more comfortable if their parents are **NOT** with them.
- For the best sample possible, try not to masturbate or have sex for 48 hours before your appointment.
- Before you collect a sperm sample, you will need blood work to look for diseases like HIV and hepatitis. All men who store sperm need to do this to keep everyone's sample safe; this is not a reflection of you personally.

## What if my family can't afford to pay?

There is an initial cost for storing your sperm and a yearly fee for storage, some organizations might be able to help you and your family pay for sperm banking. If you, or your family, think you may have a problem paying for sperm banking, please talk to your team.

## How many times do I need to sperm bank?

With modern technologies, one sample might be enough to successfully make a baby. However, you increase your chances for success in making babies when you bank more than one sample. It is suggested that men wait two days between each sperm banking. You might need to start treatment right away and only have time to bank once; your medical team and the staff at the fertility centre can give you more information about your options.

## Will everyone know that I sperm banked?

Your medical team caring for you will keep your decision about whether to sperm bank or not to sperm bank private. Once your decision is made, if you would prefer not to talk about, that is totally fine.

## If I can't make babies can I still have sex?

**YES**, most men who are not making sperm can still have an erection and still have sex. Some diseases that involve the nerves around the penis or testicles might make it difficult for men to have an erection or have sex. If you are worried about your ability to have erections, ask your nurse or doctor for help. They are here to help, and will never judge you for asking questions.

## How does my stored sperm make babies?

In order to make a baby, sperm from a man must be combined with an egg from a woman. This is called FERTILIZATION. Fertilization can either happen in a woman's body when a man and woman have sex, or can happen in a test-tube which is called in vitro fertilization or IVF. In order to do IVF, we would need to save sperm from a man and also save an egg from a woman. When you are ready to have a child, the staff at the sperm bank will talk to you about your options. Your sperm can be injected into the women's uterus (womb) directly, or a single sperm can be inserted in a woman's egg to fertilize it and create an embryo (the first stage of the baby's development). This embryo grows in the lab and is inserted into a woman's uterus and will hopefully make her pregnant.

## Questions or worries?

Please ask any member of your team. Remember there are no stupid questions. If you feel more comfortable talking to a male staff member this can be arranged.

# SPERM BANKING

INFORMATION FOR YOUNG MEN

You have a lot to deal with right now as you are starting treatment...

Having a baby of your own is likely the last thing on your mind. However, there's a good chance that when you are older, having children of your own might be very important to you. This pamphlet is about how to increase your chance to be able to have your own baby in the future: **it's called sperm banking!** This may sound strange, but don't worry, you are not alone. Other guys who have sperm banked tell us that they felt a little weird when they first heard about it too.

SickKids®

Fertility is your natural ability to make a baby. Many cancer treatments – including radiation, chemotherapy and bone marrow transplant – can damage your sperm or stop you from making sperm, which decreases your fertility. Sperm banking is a way to store your sperm now, so that you can use it in the future to make a baby, even if you have low fertility. Your treatment team will give you information on how your planned treatment **might** affect your fertility. You need to think about sperm banking so that if your treatment makes you unable to make a baby and **YOU** decide you want to have children in the future, you have the chance to do so.



## Here are some answers to questions that might help you in making your decision

### A review of the science

To make sperm you need to have gone through puberty (started sexual development). Puberty starts when your testicles start to produce a hormone called testosterone. Testosterone sends messages to other parts of your body that cause changes in your body such as:

- Your voice getting deeper
- Hair growing under your arms, on your face, on your legs and around your groin and penis

- Your penis and testicles getting bigger
- Your penis getting stiff when you are sexually excited – an erection

When you go through puberty, along with testosterone, your testicles will also start to produce sperm. These sperm are released when you ejaculate – either from masturbation or having sex. When you ejaculate, the fluid that comes out from the tip of your penis is called semen; it normally contains sperm.

### Why do I have to decide right now?

If you decide to Sperm Bank, it is better to be done **before** you start treatment. Once your treatment has started, you might not be making sperm or you might be making sperm that is not healthy enough for making a baby.

### Where do I bank sperm?

We send young men who decide to a Sperm Bank near the hospital. If you decide to bank your sperm, your team can make an appointment for you to go there.

If you are not able to leave the hospital, you can collect sperm in your room. Your treating team will arrange for it to be sent to the sperm bank. No matter where you are, we will make sure that you have all the privacy you need.

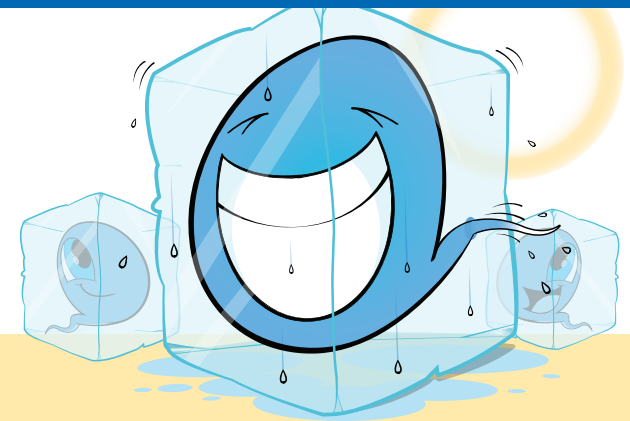
### What happens at the sperm bank?

You or your parents will need to fill out forms to have your sperm stored and to arrange for payment. You will be taken to a private room (with a lock) where you will ejaculate into a small cup by masturbating. Do not touch the inside of the cup as it needs to be kept sterile (very clean). Do not use lubricant or saliva to masturbate. It is important that all of the fluid go into the cup, especially right when you begin to ejaculate, as this part contains the most sperm. After you have made your sample you need to put the lid on the cup tightly and place the cup in a paper bag. The clinic staff will show you where to leave the sample.

### What happens to my sperm?

Your sperm sample will be looked at under a microscope to check on the number and health of your sperm. The sample is then frozen in a special extra cold freezer. It will be kept in the sperm bank until **you** want to use it to make a baby or **you** decide that you don't want it stored anymore.

## Your sperm sample is frozen in a special extra cold freezer



### What if I can't make a sperm sample?

You are going through a really tough time right now and this might make it difficult for you to make a sperm sample. You are not alone; others have had trouble producing a sperm sample too. Some people might have moral or religious issues with masturbating. Sometimes your illness can make it uncomfortable or difficult for your body to make sperm. Or maybe you just feel shy about making sperm sample in a clinic.

If you are worried about this, you can always talk to a member of the team caring for you. They help people to deal with these feelings all the time, and will be happy to give you all the information that you need. If you are unable to make a sperm sample on your own, they can talk to you about other ways to collect your sperm.

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