

This resource is designed to help you understand your donor sperm treatment options and prepare for productive discussions with your fertility specialist.

## Choosing the right treatment option

Medical tests and fertility assessments are conducted to determine the best approach for your individual circumstances. Your fertility specialist will consider multiple factors when recommending whether IVF, IUI, or ICSI is most suitable for your situation.

### How do I choose the right treatment option?

The decision about whether to start with intrauterine insemination (IUI, also known as donor insemination), in vitro fertilisation (IVF), or move straight to intracytoplasmic sperm injection (ICSI) will be made in collaboration with your fertility specialist. Your doctor's recommendations are guided by several factors, including your personal preferences and your chosen sperm donor.

Some of the considerations when choosing a treatment approach are discussed below.

### Key consideration

#### 1. Your own fertility

As the individual providing the egg and/or carrying the pregnancy, your own fertility situation can play a significant role in whether your specialist recommends IUI versus IVF. For example:

- If you are at a higher risk of passing on a genetic disorder through your eggs, such as due to older age, you may want to consider IVF over IUI, which allows you to access preimplantation genetic testing for the created embryos
- If you have a known issue with your fallopian tubes that may interfere with ovulation or fertilisation, the likelihood of success with IUI may be sufficiently low to warrant using IVF as your first treatment attempt

#### 2. Your chosen donor's sperm parameters

All sperm donors accessible through our local or international databases have been thoroughly screened and tested, including undergoing a semen analysis. This process allows us to identify parameters such as his sperm count, sperm concentration, motility (movement), and morphology (size and shape).

Sperm parameters that fall within the normal range are more likely to be suitable for IUI, which require the sperm to swim to your egg. Conversely, if one or more parameters are lower than average, your chosen donor may be listed as being suitable only for IVF or ICSI. If a specific treatment, such as IUI, is particularly important to you, understanding this may influence your choice of donor.

#### 3. Personal preferences and timing

IUI is considered to be a less invasive treatment approach compared to IVF or ICSI. To some patients, this is important, while for others, it is not a consideration. You should note that even if you do proceed with IUI in the first instance, a proportion of patients will still require IVF to attain a successful pregnancy. In some situations, your personal preferences may not align with that of your partners, if you are building a family as a couple. Our counsellors are available to help mediate a productive discussion so that both parties can be on the same page.

If your treatment is considered to be urgent or you are working on a shortened timeline for any reason, your fertility specialist may recommend you move immediately to the treatment with the highest success rate. In most cases, this is IVF.

### 4. Financial considerations

Compared to IUI, IVF and ICSI are more costly procedures as they are more involved. If you are using clinic-recruited donor sperm, the costs of this should also be factored in. If you are using sperm provided by a known donor, the costs can be reduced but the risks may be higher as he is unlikely to have undergone as thorough a screening process as a clinic-recruited donor.

If your fertility specialist identifies that there is a medical necessity to proceed with assisted reproduction using donor sperm, you may be eligible for Medicare support for your treatment. Your private health insurance provider may also offer some contribution to fertility treatments but you should always confirm this directly with them, including the amount, any conditions, and whether you need to serve any waiting periods.

We're committed to transparency in our pricing for donor sperm treatment to enable you to make informed decisions. Detailed information can be found on our Donor Pricing and Payment Options page.

## Questions to Ask Your Fertility Specialist

Use this checklist during your consultation to ensure you have all the information you need:

### About treatment options:

- Which treatment do you recommend as the first step, and why?
- What are the success rates for each option in my specific situation?
- If we start with IUI, at what point would we consider moving to IVF?
- Would ICSI be beneficial in my case?

### About the process:

- What does the timeline look like for my recommended treatment?
- What monitoring and appointments will be required?
- How many cycles would you typically recommend before reassessing?

### About costs and support:

- What are the total estimated costs for my recommended treatment path?
- Am I eligible for any Medicare rebates or private health insurance coverage?
- What payment plans or financing options are available?
- What counselling support do you offer throughout the process?

### Contact Genea

Ready to take the next step? Our team is here to support you through every stage of your fertility journey.

[Click here to get started with donor sperm treatment.](#)