

## **Fertility Preservation for People Who Produce Sperm**

Fertility preservation is the process of saving or protecting eggs, sperm, or reproductive tissue so a person can use them to have biological children in the future. The future ability to have biological children is a common concern for people starting cancer treatment. This may be a concern for you. This handout offers information on fertility preservation and sperm banking. Sperm banking is the process of collecting, freezing and storing your sperm. Your sperm can be thawed and used in the future if you decide to have children.

### **Why do I need to consider sperm banking?**

How your sperm is affected depends on the type of cancer treatment you receive. Cancer treatments (examples: systemic therapy\*, radiation, bone marrow transplant or surgery) can:

- Reduce the amount of sperm you produce
- Damage the quality of your sperm

This can change your ability to have biological children in the future. It is recommended you bank your sperm before having cancer treatment. This allows you to bank sperm not exposed to treatment. Sperm banking may be possible after cancer treatment has started.

Many people decide to bank more than once before treatment starts. The sperm in your first sperm sample may not result in a pregnancy. You need to store your banked sperm until you decide to have children in the future.

When you decide to have children, your banked sperm can be:

- Inserted into your partner's uterus. This is called intrauterine insemination.
- Fertilized with an egg (your partner's or from a donor) in a test tube to create an embryo (in vitro fertilization). The embryo is then placed into your partner's or a surrogate's uterus.

### **How do I get an appointment at a fertility clinic?**

Ask your oncologist about a referral to a fertility clinic before starting treatment. You can be referred to a fertility clinic after starting cancer treatment. Ask the fertility clinic what to expect and how you need to prepare for your appointments. See a list of fertility clinics at the end of this handout.

If you are not able to leave your home or are in hospital, ask your healthcare team about having a sperm sample sent to the fertility clinic of your choice.

## What are the costs of sperm banking and fertility treatments?

The costs of sperm banking and fertility treatments will depend on your needs and the services provided. Some costs may be covered under the Ontario Fertility Program. For more information about government-funded fertility services go to: [ontario.ca/fertility](http://ontario.ca/fertility)

| Service provided             | Cost                                                                |
|------------------------------|---------------------------------------------------------------------|
| Sperm banking – first sample | About \$350                                                         |
| Additional sperm samples     | About \$100                                                         |
| Yearly storage fee           | \$300                                                               |
| In Vitro Fertilization       | Total cost is about \$10,000. Part of this cost is covered by OHIP. |
| Intrauterine Insemination    | Some OHIP coverage available                                        |

## Financial supports for fertility preservation

### 1. Fertile Future's Power of Hope Program

Offers fertility information and support services to people with cancer.  
For more information call 1-877-467-3066 or go to: [fertilefuture.ca](http://fertilefuture.ca)

### 2. Private Health Insurance

Talk to your private insurance provider.

## Can I still engage in sexual activity if I no longer produce healthy sperm?

Yes. The nerves around your penis and testicles may be affected by your cancer or cancer treatment. This may make it difficult for you to have an erection and engage in sexual activity. Talk to a member of your healthcare team if you have questions about this.

### If you are receiving systemic therapy

You need to use a barrier method of contraception to avoid pregnancy and to protect your partner while you are on systemic therapy treatment. Systemic therapy medications leave your body through your body fluids, such as urine, sweat, vomit, stool or semen. Talk to your healthcare team if you have questions about this. Read the handout on "Safety At Home When You Are On Systemic Therapy" you were given.

## **After finishing cancer treatment**

It is recommended you have a semen analysis about 6 to 12 months after you finish cancer treatment and every year after that. This assesses the health of your sperm and if your sperm count is returning to a normal range.

### **A list of fertility clinics**

This is not a complete list of fertility clinics. The fertility clinics on this list will schedule your appointments before you start cancer treatments. Ask your oncologist for a referral to one of these clinics.

#### CReATe Fertility Centre

790 Bay Street, Suite 1100, Toronto, M5G 1N8

Call: 416-323-7727

Fax: 416-323-7334

Website: [createivf.com](http://createivf.com)

Email: [info@createivf.com](mailto:info@createivf.com)

#### Markham Fertility Clinic

379 Church Street. 5th Floor, Markham, L6B 0T1

Call: 905-472-7128

Fax: 905-472-4994

Website: [markhamfertility.com](http://markhamfertility.com)

Email: [info@markhamfertility.com](mailto:info@markhamfertility.com)

LGBT2QIA+ friendly

#### Mount Sinai Fertility

Mount Sinai Fertility has 4 locations:

1. Downtown: 250 Dundas Avenue West, Unit 700
2. North York: 2 Sheppard Ave East, Suite 430
3. Vaughan: 9600 Bathurst Street, Suite 300
4. Mississauga/Oakville: 800 Southdown Road, Mississauga Unit A4

Call: 416-586-4800 extension 2778

Fax: 416-586-4686

Website: [mountsinaifertility.com](http://mountsinaifertility.com)

E-mail: [MSF.Referral@sinaihealthsystem.ca](mailto:MSF.Referral@sinaihealthsystem.ca)

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### New Life Fertility

1585 Markham Road, Scarborough, M1B 2W1

Other locations include: Oakville, North York, Concord, Milton, Richmond Hill, Burlington, Brampton, Mississauga, Kitchener

Call: 905-896-7100

Fax: 1-888-248-1241

Website: [newlifefertility.com](http://newlifefertility.com)

Email: [consultation@newlifefertility.com](mailto:consultation@newlifefertility.com)

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### Anova Fertility & Reproductive Health

25 Sheppard Ave West, Unit 650 North York, M2N 6S6

Telephone (416) 225-4440

Fax: (416) 640-9454

Website: [anovafertility.com](http://anovafertility.com)

Email: [info@anovafertility.com](mailto:info@anovafertility.com)

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### **What if I have more questions or concerns?**

Talk to a member of your healthcare team if you have questions or concerns about any of the information in this handout. A cancer centre social worker can offer more information and support to you.

\*Systemic therapy includes chemotherapy, immunotherapy or targeted therapy.

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