Sperm Cryopreservation at Fertility Care Clinic

Sperm cryopreservation is a process to collect, freeze and store your sperm for possible use in the future. Sperm are reproductive cells produced by the testicles and ejaculated from the penis during sexual activity. Cryopreservation allows patients to preserve or "bank" sperm for health conditions, frequent traveling, military deployment, prior to cancer treatment, vasectomy, or gender affirming treatment.

Cryopreserved sperm can be used to achieve a pregnancy through fertility treatments including intrauterine insemination (IUI) or in vitro fertilization (IVF). For IUI, sperm are thawed and inserted into the uterus to attempt pregnancy.

For IVF, sperm are thawed and combined with eggs outside the body, and the embryo is returned to the uterus to attempt pregnancy.

If you do not follow these instructions, your sample may be rejected.

Before Sperm Cryopreservation
You must be an established patient at Fertility Care Clinic to have your sperm cryopreserved in the Andrology Laboratory. If you are not an established patient, call us at **(608) 824-6160** to schedule your initial visit. The clinic is located at 2365 Deming Way, Middleton, WI 53562.

Appointments

- You **must** have a consult appointment with our clinic **before** a consent and collection appointment.
- The Andrology Laboratory must receive a doctor requisition before your collection.
- You will be scheduled for a consent appointment and a semen collection appointment on the same day.
- Available appointment times are Monday through Friday 7:30 am to 11:00 am.
- At the consent appointment, your provider will discuss the risks and benefits of sperm cryopreservation, and fees.
- After your consent appointment, you will collect semen in a private collection room.
- Bring a valid government issued photo ID card to your appointment.

Infectious Disease Testing

- Before you store your sperm, you must be tested for infectious disease.
- If your testing is done outside of the clinic, please have your doctor's office fax the results to Fertility Care Clinic at **(608) 827-3040**.

Days of Abstinence

- Semen should be collected by masturbation after 2-3 days of abstinence (no sexual intercourse, masturbation, or ejaculation).
- Longer periods of abstinence, greater than 7 days, should be avoided, as this may increase the number of dead sperm in the semen.

Collection Containers

- Semen sample **must** be collected into the sterile container provided by the clinic.
- **Do not** collect the semen in any other container, as it may result in decreased survival of the sperm.

Collection Method

- Semen samples should be collected by masturbation.
- **Do not** use condoms or lubricant gel. These will kill the sperm in the semen.
- The **entire** semen sample must be collected in the container, especially the first part of the sample.
- A special nontoxic condom collection kit is available at Fertility Care Clinic if you do not want to masturbate.

Collection Locations

- Semen samples can be collected at Fertility Care Clinic or at your home.
- Private rooms dedicated to semen collection are available at the clinic.
- Semen samples collected at home should be dropped off at the Fertility Care Clinic within one hour of collection but must be dropped off within two hours of collection.

Cryopreservation

- The sample is evaluated for consistency, sperm count, sperm motility and sperm shape.
- After the evaluation, the sample is diluted with a cryoprotectant to protect the sperm during cryopreservation.
- The sample is then put in vials and frozen.
- The samples are stored at -196°C and may be stored indefinitely at this temperature.

Results

- Results will be available in MyChart within 7 to 10 days after your appointment.
- Results are automatically sent to your provider for review.

Storage

- All patients must register with ReproTech before their semen cryopreservation appointment.
- Fertility Care Clinic is a member of the ReproTech, LTD Fertility Preservation Network. The Network is based on ReproTech's long history in sperm banking and their leadership and expertise in long term storage.
- Registration information can be found at: www.reprotech.com/forms.
- All cryopreserved sperm will be transferred to long term storage at ReproTech.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8311