

# Sperm Banking

Many cancer treatments can damage the cells needed to make sperm. This means you may become infertile and unable to conceive a child. Sometimes the body can recover from this damage, but sometimes it cannot. We have no way of knowing for sure if you will be fertile after your treatment.

## What is sperm banking?

Sperm banking is the collection and freezing of sperm before you begin cancer treatment. Your sperm are stored in case you need them in the future to become a father. Sperm can be stored for as long as you want, even for many years.

## Why should I do this?

We know that right now you may not be thinking about being a father. However, in the future this may be very important to you. Sperm banking will increase your chance of being able to father a child using your own sperm.

Many young men who did not bank their sperm before treatment regret this decision. Later in life when they wanted to have children, they found out they were infertile. Many say they wish they had been pushed more by their families and doctors to do this. Because of this we encourage all teens and young men to sperm bank before treatment that may affect fertility.

## Where do I do this?

You will make an appointment at a sperm bank to collect sperm. At the end of this card there is information to help you find a sperm bank. Think about who you will feel most comfortable being with you when you go. This may be your parents, a brother or friend, a girlfriend or wife, or anyone else. You may also go alone.

## How do I do this?

At the sperm bank you will first complete some paperwork. Then you will be brought to a private room. The staff at the sperm bank will explain how to do the collection.

Before collecting, wash and dry your hands. You will need to excite yourself by masturbating. Do not use saliva, spit, or lubricants. These will destroy the sperm. The fluid (ejaculate) that comes out of the tip of your penis contains the sperm. You will collect all the fluid in a sterile cup. If you feel you cannot collect sperm this way, please tell your doctor or nurse. There may be others ways to collect.

We suggest you make three collections if possible. For the first collection, it is best if you have no sex for 3-4 days before. This includes intercourse and masturbation. Then skip one or two days between the other collections. This will help you collect the highest possible number of sperm.

If you have to start treatment before you can do three collections that is okay. There are new techniques that allow fertilization of eggs even with very few sperm.

## How much will this cost?

The cost varies from one sperm bank to another. There are separate fees for analyzing, processing, freezing, and storing the sperm. The sperm bank may also need blood tests for certain infectious diseases. The cost in the New York area is generally about \$1,000 for three collections.

Most insurance plans do not cover sperm banking. Call your insurance company to find out if you have coverage. Explain that you will be starting treatment for cancer. Your doctor has explained that treatment may cause you to become infertile and has recommended that you bank your sperm. Ask if it would help if they had a letter explaining this from your doctor.

You may be able to get financial assistance for fertility preservation before treatment from the Fertile Hope/LIVESTRONG program Sharing Hope. To find out if you are eligible and to see what is covered, look on their web site, <http://www.fertilehope.org/financial-assistance/index.cfm>.

## **Where can I learn more?**

Please ask your nurse for the booklet *Fertility and Cancer Treatment: Information for Men*. For additional information and links to other resources, go to the MSKCC internet site at <http://www.mskcc.org/mskcc/html/92039.cfm> or speak with your doctor.

## **Finding a Sperm Bank**

### **MANHATTAN**

#### **California Cryobank**

369 Lexington Avenue (at 41st Street), Suite 401

New York, NY 10017

(212) 779-1608

[www.cryobank.com/About-Us/Locations/New-York/](http://www.cryobank.com/About-Us/Locations/New-York/)

Affiliated with Sharing Hope

#### **Idant**

350 Fifth Avenue (at 34th Street), Suite 7120

New York, NY 10118

(212) 330-8500

[www.idant.com](http://www.idant.com)

#### **Manhattan CryoBank**

110 East 40th Street (between Lexington and Park Avenues), Suite 101

New York, NY 10016

(212) 396-2796

[www.manhattancryobank.com](http://www.manhattancryobank.com)

Affiliated with Sharing Hope

#### **Repro Labs**

332 East 30th Street (between 1st and 2nd Avenues)

New York, NY 10016

(212) 779-3988

[www.reprolabinc.com](http://www.reprolabinc.com)

### **LONG ISLAND**

#### **New York Cryo**

900 Northern Boulevard, Suite 230

Great Neck, NY 11201

(516) 487-2700

[www.newyorkcryo.com/new-york-cryo](http://www.newyorkcryo.com/new-york-cryo)

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## **Reproductive Specialists of New York**

200 Old Country Rd, Suite 350 or  
Mineola, NY 11501  
(631) 553-5226 (Susan McGreevy)

2500 Nesconset Hwy, Building 19B  
Stony Brook, NY 11790

## **WESTCHESTER**

### **M.A.Z.E Laboratories**

2975 Westchester Avenue  
Purchase, NY 10577  
(914) 683-0000  
www.mazelabs.com

## **NEW JERSEY**

### **M.A.Z.E Laboratories**

1117 Route 46 East, Suite 301  
Clifton, NJ 07013  
(973) 472-0600  
www.mazelabs.com  
Affiliated with Sharing Hope

### **Reproductive Medicine Associates of New Jersey**

111 Madison Avenue, Suite 100  
Morristown, NJ 07960  
(973) 656-2875 (Alana Shear, RN)  
www.rmanj.com

### **The Sperm and Embryo Bank of New Jersey**

187 Mill Lane  
Mountainside, NJ 07092  
(908) 654-8836  
www.sperm1.com

## **PENNSYLVANIA**

### **Fairfax Cryobank**

3401 Market Street, Suite 205  
Philadelphia, PA 19104  
(215) 386-1977  
www.fairfaxcryobank.com  
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