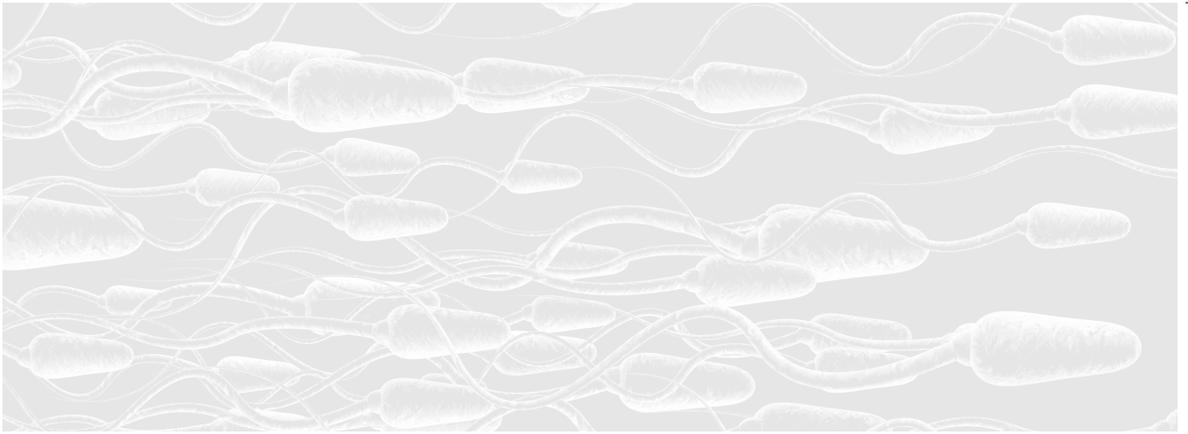
The background of the entire page is a light blue color. Overlaid on this background are numerous sperm cells, rendered in a slightly darker shade of blue. The sperm cells are shown in various orientations and positions, some swimming towards the right and others towards the left. Each sperm cell consists of a small, oval-shaped head at the front, followed by a thin, wavy tail (flagellum) that extends behind it. The overall effect is a sense of movement and biological activity.

Younger

Freezing your sperm?

Useful information before providing a sample



This information is aimed at those who are given the option to have their sperm frozen.



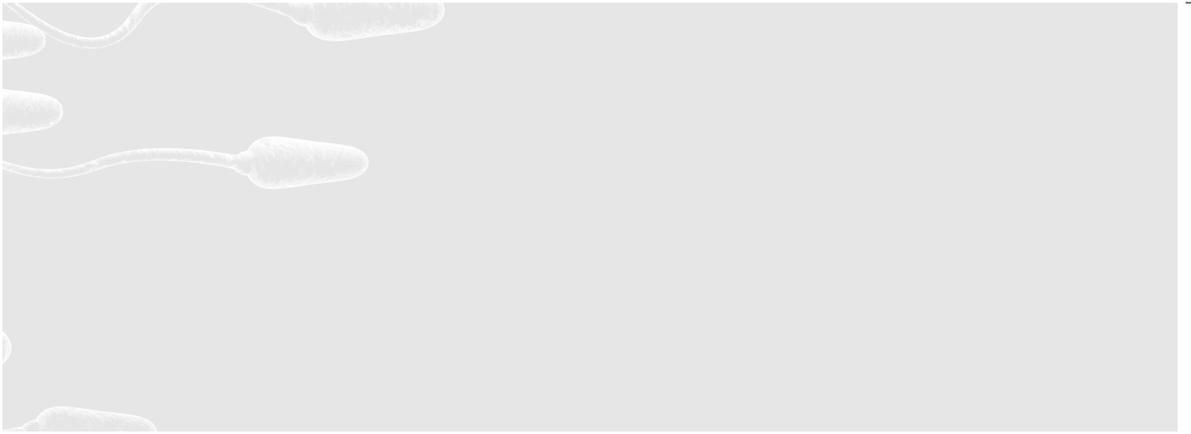


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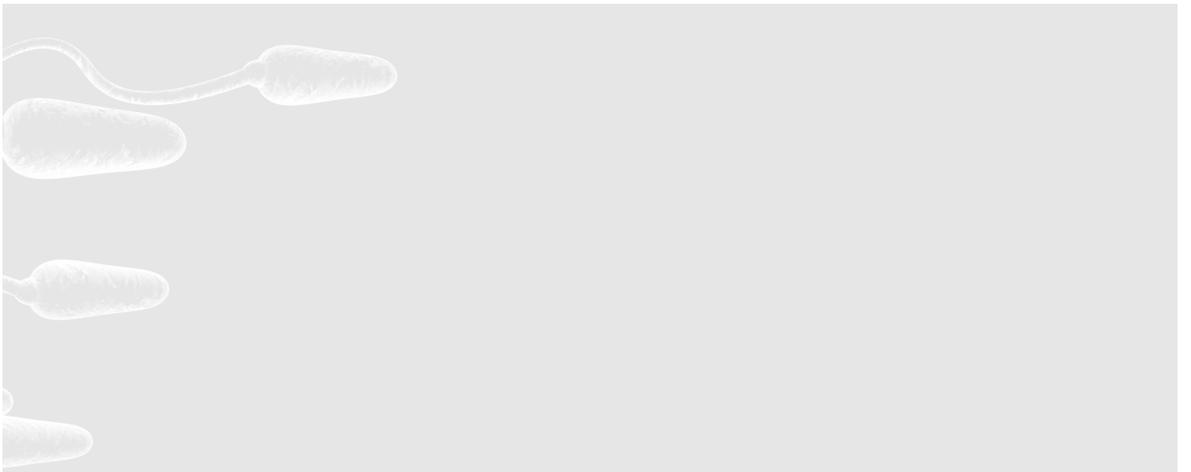
How does the process work?

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Why should I freeze my sperm?

- You are about to undergo treatment for your illness that will help you to become healthy.
- The treatment may destroy your sperm. This may lead to difficulties in becoming a parent when you are older.
- It is possible to freeze and store your sperm. The sperm can be stored for many years without degrading.



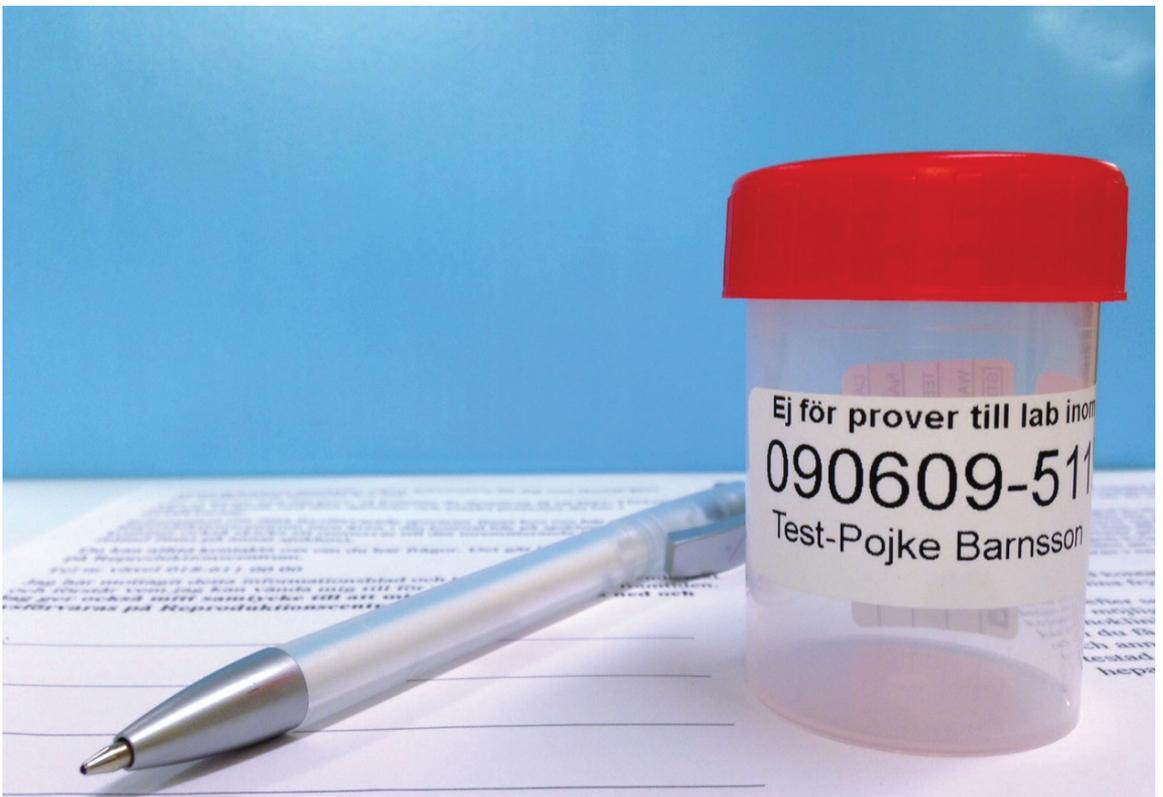
Where can I go to leave a sample?

If you are feeling well enough and have the energy, you can come to the hospital where the sperm are frozen. There are rooms for leaving sperm samples where the staff are used to explaining what to do.

If you feel more comfortable, you can produce the sperm sample at home or at the ward where you are being treated.

The sample needs to be taken the hospital where the sperm is to be frozen as soon as possible, and no later than one hour after being produced. An adult can assist with this if needed.

Don't be afraid to ask questions if you are unsure about something.



How does the process work?

Both you and your parents sign a form. By doing this, you consent to your sperm being frozen and stored.

If you are wondering about something, there is time to go over questions. The staff can answer any questions about the process.

You are given a container labelled with your name and personal identity number. You are left by yourself in a room to masturbate, jerk off, until you ejaculate. You try to catch the liquid that comes out in the container.

What is collected in the container is called a sperm sample. If you miss the container, tell the staff.

Perhaps you have masturbated before and ejaculated. Then you already know what to do. If you do not know, tell the staff. The staff will then explain it to you.

You can bring along pictures if it helps you get an erection.

Sometimes it happens that...

... you are not able to provide a sample. If you want you can try again a bit later.

... you are asked if you want to provide a second sample to increase the amount of sperm to be frozen.

... there are no sperm in the sample you have provided. Then the sample will not be frozen.

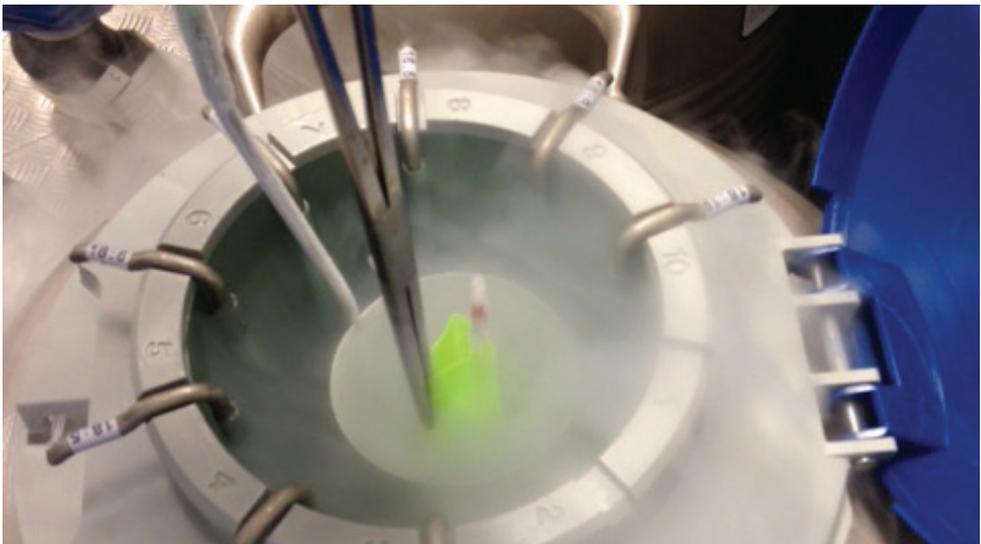
How will my sperm be stored?



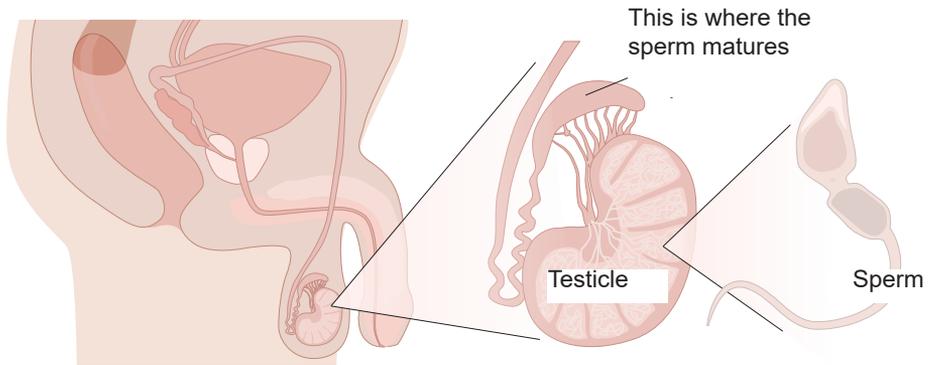
Sperm cells are very small and are therefore stored in thin tubes like straws in the freezing tank. Each tube has room to store several million sperm.



Sperm tubes inside another type of container.



The sperm are stored in a freezing tank that contains liquid nitrogen. The temperature is close to -196°C . The cold means that the sperm can survive for many years, until you need to use them.



What happens next?

Not all treatments affect the sperm. Nor is it certain that your testicles, where the sperm is made, will be destroyed. In that case, new sperm can be made, even if this takes a long time.

When you are finished with your treatments and are older, you can then provide a new sperm sample. This will maybe reveal that you have sperm. If it does not, you can use the sperm that is already frozen whenever you want to become a parent later in life.

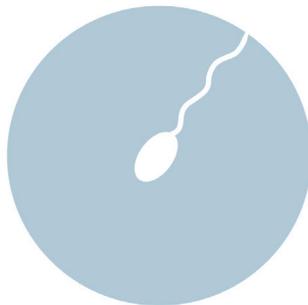
There are also other ways to become a parent besides using your own sperm. Ask your doctor if you want to know more. You can also contact the unit storing your frozen sperm.

More information

There is a short film aimed at young people who are providing a sperm sample. It can be found at <http://vavnad.se/konsceller/filmer/>

At www.1177.se you can find information on cancer, on fertility during cancer treatment and on treatments in the event of involuntary childlessness. You can always contact the clinic where the sperm is stored if you have any questions.

Notes



The brochure is produced by the Värnadsrådet working group UNGA Värnadsrådet. The Swedish national council for organs, tissues, cells and blood is an advisory forum within the Swedish Association of Local Authorities and Regions (SALAR) and works with national coordination and uniform procedures within the area.

