

OVUM AND SPERM DONATION: WHAT YOU NEED TO KNOW

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Using a third person to conceive a child within your relationship is a life commitment. It is not a treatment for infertility; it is a replacement of the gene pool of one of you with that of someone else, often an anonymous someone who will in part, contribute to who your future child will become.

The following are some areas to explore to help you

- a.) decide if gamete donation is for you and
- b.) work through and resolve your infertility PRIOR to the attempts at donor conception.
 1. Gamete donation is a life choice, not a treatment for infertility; even after the birth of a child born within your marriage you will be infertile.
 2. What are your feelings about your spouse creating a child “without you” and “with” someone else? Feelings of jealousy are normal.
 3. Have you thought through and discussed the issue of disclosure—to whom, when and how? Are you clear about how to begin conversations with your child?
 4. How might the various members of your extended families feel about gamete donation?
 5. When you compare gamete donation and adoption, what comes to mind as the primary pros and cons of each?
 6. Make the image of your “fantasy” genetic offspring concrete. Draw a picture, paint, visualize: gender, hair, eye and skin color, personality, talents and temperament. What parts of you would that “fantasy child” have?
 7. Prioritize the relative importance of each of the following:
 - Pregnancy and childbirth and breastfeeding
 - Gestational control

- Genetic offspring or partner's genetic offspring-looks, personality, family name
 - Parenting experience
8. "Try on" the differences between using an anonymous or non-anonymous donor. What about a chosen/known donor?
 9. What other losses in your history may be impacting your emotional reaction to infertility?
 10. Are you prepared to commit to learn and understand further the special issues involved in non-biological parenting?