



DONOR CONCEPTION CONSIDERATIONS

For those pursuing donation following attempts to conceive with your own eggs or sperm:

Gamete donation is a path to parenthood, not a treatment for infertility. This path cures childlessness, but not the medical cause of fertility challenges. If you conceive with a donor because you are not getting pregnant with your own eggs or sperm, you will still be infertile after becoming a parent.

Unidentified donors used to be referred to as “anonymous” donors, but because of the introduction of direct to consumer DNA tests, we no longer use the term “anonymous.” At this time, no one can be guaranteed anonymity.

The following are some areas to explore to help you decide if gamete donation is for you and to help you work through and resolve your infertility prior to the attempts at donor conception.

- What are your feelings about your partner creating a child without your genetic contribution and with someone else’s? Feelings of jealousy are normal.
- Have you thought through and discussed the issue of sharing information—to whom, when and how? Are you clear about how and when to begin conversations with your child?
- How might the various members of your extended families feel about gamete donation?
- When you consider gamete donation and adoption, what comes to mind as the primary pros and cons of each?

Prioritize the relative importance of each of the following:

- Pregnancy, childbirth and breastfeeding
- Gestational control
- Genetic offspring or partner’s genetic offspring--looks, personality, family name

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- Parenting experience
- “Try on” the differences between creating your family with a known/identified donor or an unidentified donor. Recent research is indicating that, just like in open adoption, there is great benefit to donor conceived people, as well as their parents, to know and being able to contact a gamete provider.

Are you prepared to commit to learn and understand the unique aspects of donor conception?

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