



### **CHECKLIST**

There can be a lot to remember, when you are attempting donor assisted pregnancy, especially if it is the first time. To aid you through the process, we have assembled a simple checklist that you can refer to throughout. If at any point you need help or further assistance, please do not hesitate to contact us.

#### **What type of donor is A) allowed in your treatment country and B) right for your family?**

- Open
- Non-Contact?

*Notes:*

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#### **Make an appointment at your chosen clinic to:**

- Conduct tests
- Decide on treatment method
- Decide on type of sperm IUI or ICI
- Discuss how many straws to buy per treatment cycle and if parent storage is a good idea

*Notes:*

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#### **Decide on which criteria is important to you when choosing a donor, this will make it easier once you start reading the profiles, e.g.:**

- Appearance e.g. height, weight, skin colour, hair, build etc.
- Education
- Talents

*Notes:*

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**Make a list of 3-5 favourites**

Check their availability for all your needs e.g. siblings

*Notes:*

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**Getting ready to order:**

Check their availability for all your needs e.g. siblings

Recheck on your favourite

Place your order at least 10 business days prior to the expected arrival date at the clinic to ensure a smooth, stress-less ordering and delivery process. For home insemination, make sure you meet all requirements.

Decide on number of straws

Inform us of treatment date

*Notes:*

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**Treatment**

You are almost there – the clinic will take care of you and let us of know of the outcome. You are of course welcome to contact us

*Notes:*

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**Siblings**

[ ] If you have not already, consider a parent storage to ensure that future children will have the same donor.

[ ] On My Page you can always log-in and review your details – including the profile of your purchased donor.

*Notes:*

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**Having a donor child**

[ ] You are now a parent to a wonderful child and maybe even have several. We are available if you have any questions, thoughts, advice or experiences that you would like to share with other mothers and families who also think donor insemination is the right choice for them.

*Notes:*

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