

Questions to ask before you freeze your sperm

Take this to every clinic, sperm bank or kit company you contact. Tick the questions as they are answered and write the answers down. Comparing providers on the same questions is the fastest way to see the real price and the real terms.

Licence and laboratory

- ☐ Which regulator licenses you, and what is your licence or registration number?
- ☐ Where exactly will my samples be stored, and how are the tanks monitored?
- ☐ Are samples split across more than one tank or location?

The sample

- ☐ How many samples do you recommend for my situation?
- ☐ How many straws or vials will each sample be split into?
- ☐ Do you do a post-thaw test, and will I get the result in writing?
- ☐ Which screening blood tests do you need, and what do they cost?
- ☐ Can I collect at home, and how fast must the sample reach you?
- ☐ Can all samples be completed before my deadline?

Money

- ☐ What is my total for the first year, including consultation, tests, freezing and storage?
- ☐ Is storage charged per sample, per vial, or per account?
- ☐ What do 3, 5 and 10 years cost if I prepay?
- ☐ What do you charge to release or ship samples to another clinic?
- ☐ What happens if I miss a payment?
- ☐ Is any of this covered by insurance, public health or an employer benefit?

Consent and law

- ☐ What is the maximum storage period here, and when must I renew consent?
- ☐ Who can use my samples if I die or lose capacity?
- ☐ Can my partner use them, and what changes if we separate?
- ☐ How will you contact me over the years, and what if you cannot reach me?
- ☐ Can I move samples abroad later?

Using it later

- ☐ How many IUI attempts or IVF/ICSI cycles could my samples support?
- ☐ Will you release samples to any clinic I choose?

My quotes

PROVIDER	FIRST-YEAR TOTAL	STORAGE PER YEAR (UNIT)	10-YEAR TOTAL

Want the full workbook? The Sperm Freezing Planner adds the answers to look for and red flags for each question, a 10-year cost worksheet, timelines for chemotherapy, hormones, vasectomy and deployment, and a consent and storage-limit checklist for 8 countries. spermfreezing.com/planner

Free tools: cost calculator (spermfreezing.com/calculator) · costs by country (spermfreezing.com/cost)
· sperm bank directory (spermfreezing.com/sperm-banks)

This checklist is general information, not medical advice. Talk to a licensed doctor or fertility specialist about your situation. © SpermFreezing.com, free to print and share unchanged.