

Fertility Preservation Steps for Transfeminine Patients

(Currently Undergoing Hormone Therapy)

Your physician has determined that you may be a candidate for fertility preservation due to your treatment plan for gender-affirming hormone therapy and/or Orchiectomy (removal of testicle(s)), both of which may lead to infertility.

Fertility preservation for transfeminine patients is also known as sperm banking. Sperm is collected at a clinic through masturbation and cryopreserved for an indefinite amount of time. The fertility preservation process can last 10 weeks or more.

Please read the outline of steps below and refer to your physician for any questions and/or concerns.



Step 1: CONSULT

You will complete a consult with a Urologist who specializes in fertility. Consult is typically via telephone appointment.



Step 2: SUSPEND HORMONE THERAPY

If you are already on estrogen hormone therapy, you will need to suspend it for at least 3 months before the procedure. In order to determine if sperm is being produced, you will receive a series of blood tests. (Side effects of hormone therapy suspension may include mood changes.)



Step 3: COLLECTION OF SPERM SAMPLE

Once your physician determines your hormone levels indicate presence of sperm, you will be referred to an outside facility to provide an ejaculatory sperm sample and have blood drawn for required Sexually Transmitted Infection labs

DISCLAIMER: If you are experiencing anxiety, depression, or mood changes please contact your physician or mental health provider.