



# HOW TO CHOOSE THE RIGHT SPERM DONOR

*Helping you make an Educated and Empowered Choice*

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Choosing a sperm donor is one of the most significant decisions on your journey to parenthood. It's easy to get bogged down, overwhelmed by emotions, or intimidated by the process. Many don't know where to start. My hope is that this guide will help you narrow your search for the perfect sperm donor.

Keep this in mind when you begin: the donor selection process will be different for everyone. Priorities will vary from person to person. A connection to a particular donor may be unique to your family. There really is no wrong answer. Need help? Here's my short list of considerations.



## *Medical History & Genetics:*

Examine the medical information of each donor and look for patterns in the donor's medical history. I often suggest that a pattern = 3 people with a specific medical issue. Compare it to similar conditions in your own family. For example, if someone in your family has heart issues, you may eliminate a donor with heart issues in his family.

Screen donors for genetic carrier statuses that match your own. You may want to consider having genetic carrier screening done if you haven't already. Although the risk of genetic disease transmission will never be zero, this is one way to minimize the risk. Xytex has recently partnered with INVITAE for donor genetic testing. Find out more information about testing for yourself: <https://www.invitae.com/en/individuals/reproductive-genetic-testing/>

## *Physical Qualities :*

Think about and make a list of the physical characteristics that are important to you, such as height, eye colour, ethnic background or specific interests like basketball or music. Again, there is no guarantee that any particular quality will be expressed in your child, however there will be a greater likelihood if you factor this into your decision.

Detailed information about each of our donors can be found on the donor's profile. Consider how you usually make big decisions. Do you ask for the help of your family? Opinions from your best friend? Do you make a spreadsheet with pros and cons? If you're feeling stuck, Xytex's Client Relations Team is a great resource. We offer a chat feature on our website.



Finally, narrow down your choices. Rank the donors you have chosen. I usually suggest finding 5 - 10 donors for this part. When you create an Account at Xytex, you receive a 30 Day access to all the enhanced donor profiles. You will have the ability to save, compare and share profiles. Follow your gut!

Still have questions? Want some extra guidance? If you need additional information on any of our donors, just call 1-866-785-4709. Schedule a free 30 minute consult with me. [www.xytx.com](http://www.xytx.com). Thank you for choosing Xytex. **Sleep well knowing you've chosen well.**