

CIUSSS DE L'ESTRIE - CHUS



# MAINTAINING YOUR FERTILITY

before starting  
your cancer treatments



Québec 

*Do you have cancer and want to still be able to have children after your treatment?*

# Here's what you need to know.

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## HOW DOES CANCER TREATMENT AFFECT MY FERTILITY?

Chemotherapy, some surgeries, and radiation therapy could decrease your fertility (your ability to have a child). The impact on fertility could be temporary or permanent.

The chances of this happening depend on your type of cancer, the treatments you receive, your age, and your potential for fertility before treatment begins.

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## HOW CAN I PRESERVE MY FERTILITY DESPITE MY TREATMENTS?

The best way to protect your fertility is to freeze your sperm **BEFORE** starting your cancer treatments.





## WHAT IS THE PROCEDURE FOR FREEZING SPERM?

Many fertility clinics in Montréal offer men the possibility of freezing their sperm before undergoing cancer treatment. You can contact the clinic of your choice directly to make an appointment. They will provide you with preparatory instructions.

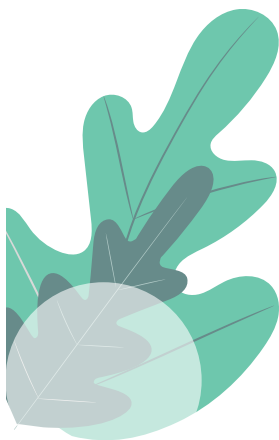
In particular, the clinic will conduct an infectious-disease assessment (hepatitis B and C, HIV, and syphilis), which is the normal procedure.

You will be asked to produce a sperm sample on site. Your semen will be analyzed, frozen, and stored.

Depending on the test results of the sample, the clinic might ask you to come back for a second or even a third sample several days apart based on when your first treatment is scheduled.

If you are unable (or unwilling) to produce a sperm sample by ejaculation, other options will be considered after consultation with a urologist at the clinic.

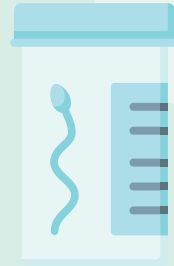
**For contact information on clinics that allow sperm to be frozen, call the Assisted Reproduction Centre and Fertility Clinic of the CIUSSS de l'Estrie – CHUS at 819 346-1110, ext. 14723.**



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## HOW LONG CAN MY SPERM STAY FROZEN?

Your sperm can remain frozen until you are ready to use it to have a child.



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## IS THERE A FEE FOR STORING FROZEN SEMEN?

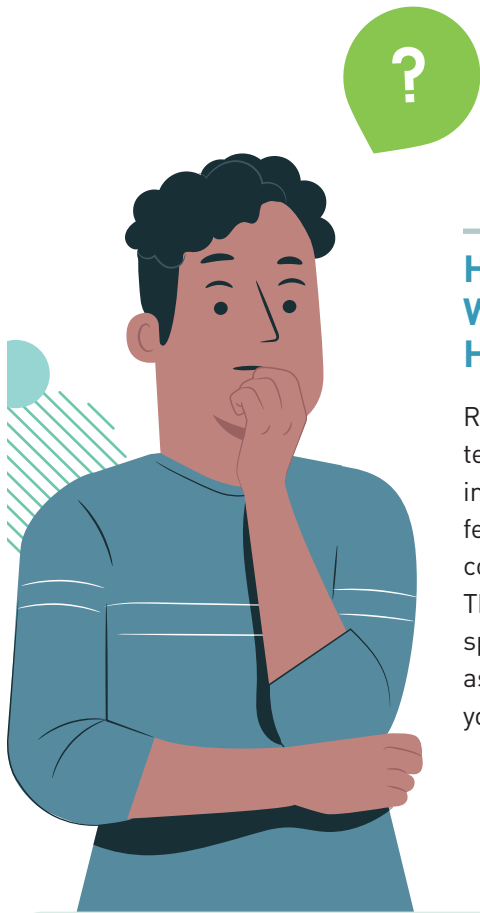
Frozen sperm preservation for adolescents and adult men diagnosed with cancer is covered for a certain period of time by the Régie de l'assurance maladie du Québec (RAMQ) under Bill 73 (*Act to Amend Various Provisions relating to Assisted Procreation*).

**Frozen sperm storage is covered by the RAMQ for the first five years of storage or until the donor reaches age 25 (whichever is later).**

### **TO ILLUSTRATE:**

If the patient is 17 years old, the freezing will be covered by the RAMQ until the patient is 25 years old. If the patient is 23 years old, the freezing will be assumed until the patient is 28 years old (5 years).

**After that, the patient will have to pay the annual storage fee.**



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## HOW IS MY SPERM USED WHEN I AM READY TO HAVE A CHILD?

Recourse to assisted reproductive technologies, such as intrauterine insemination (IUI) and in vitro fertilization (IVF), is needed to conceive a child with frozen sperm. The method used will depend on sperm quantity and quality, as well as your clinical situation (and that of your partner, as the case may be).

The RAMQ covers some of the costs. The person who wishes to attempt a pregnancy must assume the other costs. Contact your fertility clinic for details once you have decided to have a child.

You should know, however, that you might be able to conceive a child naturally, without the need for your frozen sperm. So, the first step is to check if you are producing enough sperm for this. Ask your doctor about it.



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Site Web suggéré :

[canada.ca/en/public-health/services/fertility/cancer-fertility.html](https://canada.ca/en/public-health/services/fertility/cancer-fertility.html)

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