

CHOOSING THE RIGHT SPERM OR EGG DONOR FOR YOUR FUTURE CHILD



 **Cryos**

INTERNATIONAL SPERM & EGG BANK

LET US HELP YOU ON YOUR JOURNEY TOWARDS PARENTHOOD

We are here to assist you in English, German, French, Spanish, Italian, Dutch, Portuguese, Danish, Japanese, Chinese and Hebrew.

**BOOK A
CALL FROM
CRYOS**

Select time and language at
Cryos' webpage, and
we will call you

WEB: CRYOSINTERNATIONAL.COM
E-MAIL: DK@CRYOSINTERNATIONAL.COM
TEL.: +45 8676 0699

TO CRYOS, IT'S PERSONAL

At Cryos, our most important job is to support and assist you in transforming your baby dream into a dream baby.

- We believe that everyone should be able to achieve their dream of having a child, regardless of marital status, sexual orientation, and religion.
- At Cryos you can choose from the world's largest selection of donors. Find the right donor for your family in our free online Donor Search, where you can browse through hundreds of donor profiles which provide childhood photos, voice recordings and screening results. If you prefer to know exactly what the donor looks like, we offer you access to see photos of some of the donors as adults.
- All Cryos' donors are carefully selected and screened to make sure that you get high quality sperm and eggs. We pride ourselves on having the largest number of registered pregnancies in the world, despite the fact that only 5-10% of all donor applicants are accepted as Cryos donors. Our extensive screening and continuous testing of donors together with our certification following the international standard for quality management **ISO 9001:2015** is your assurance of a high-quality product.
- Have the donor sperm or eggs delivered to a clinic of your choice. As a widely recognized international sperm & egg bank and with more than 30 years of experience, we have a wide network and collaborate with clinics and hospitals around the world. Cryos International ships donor sperm and eggs to countries worldwide. We have a Sperm Bank in Denmark, a Sperm & Egg Bank in the US and a Sperm & Egg Bank in Cyprus.



OUR SPERM DONORS

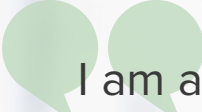
Choosing a sperm donor is a big deal. Therefore, it is important that you find a donor who feels just right for you. Cryos has more than 1,000 sperm donors, and they have all undergone a thorough screening process before being accepted into our donor programme.

At Cryos, our sperm donors are all mentally strong and physically healthy, and they have a high sperm quality. But besides that, they are very different from each other. In our Donor Search you will find 20-year-old university students and 35-year-old businessmen. Men who are into music, and others who love sports.

FACTS ABOUT CRYOS SPERM DONORS

- 18 to 45 years old
- Physically healthy and mentally strong
- More than 50% are in a relationship
- Almost 50% have or are obtaining a higher education
- 50% have full-time jobs or are self-employed
- 50% are also blood donors (there is no compensation for blood donors in DK)

Only 5-10% of the men who apply to become a sperm donor at Cryos are approved into our donor programme. In the process, they are tested, questioned and counselled to ensure that they are not only healthy, but also dedicated, well-informed and fully aware of their choice of becoming a sperm donor.



I am a sperm donor because I am a dad myself and **I want to help people** who can't have children without help.

**KOROUGH,
SPERM DONOR AT CRYOS**



Please note that this is a model – not a Cryos donor.

SELECTED FEATURES IN OUR DONOR SEARCH:



**EMOTIONAL
INTELLIGENCE
(EQ) PROFILE**



**CHILDHOOD/
ADULT
PHOTOS**



**SCREENING
RESULTS**



**VOICE
RECORDINGS
(AUDIO)**



**STAFF
IMPRESSION**

PHOTOS OF THE SPERM DONORS AS ADULTS

Is the donor's physical appearance important to you? Many women prefer a sperm donor who looks like herself or her partner.

In addition to the child photos accessible on our Extended Profiles, some of our donors have agreed to be photographed when they become sperm donors. This is to give you a more realistic impression of how he looks like – and what physical characteristics might be passed on to your child.

To see the photos of the sperm donors as adults, you must buy access on our website. This allows you to see the complete selection of adult photos available at the time and for the following 3 months. Donors with photos of them as adults are all ID Release donors with an Extended Profile and can be found on our Donor Search. Donors with adult photos will have 5-6 colour photos attached to their online donor profile.

DONOR EXCLUSIVITY – ONE DONOR, JUST FOR YOU

Donor Exclusivity gives you the unique opportunity of choosing a donor whose sperm donations with Cryos will not be used by any other family but will solely be used by you. Please reach out to our Customer Care if you want to know more about this opportunity.

“...the photos of the donors as adults give you a more concrete and **real impression**. It brought me a **personal feeling**, which I think is also important in this particular choice.”

MARIE, FRANCE



*Please note that these are models
– not Cryos donors.*



HOW TO CHOOSE A DONOR

The choice of a sperm donor is a decision that will affect both you and your future child, and we know that it can be an overwhelming process that takes up a lot of energy and requires great consideration.

Here are some of the most important things to consider when choosing a sperm donor. On our website, you can use different filters to help narrow down your search results, and find the right donor for your future child.

BASIC OR EXTENDED PROFILE

If you want to know how he talks, what types of animals, sports and music he likes, his emotional intelligence and other personality traits, you can choose an **Extended Profile**. If you prefer to know as little as possible about the donor, you can choose a **Basic Profile** with just little information. On the following page, you can see some of the features that the different types of donor profiles contain.

ID RELEASE OR NON-ID RELEASE

Would you like to give your child the opportunity to contact the donor? Our ID Release donors have agreed to let donor-conceived children contact them in the future. If you choose an ID Release donor, your child can get identifying information about the donor from Cryos when he or she turns 18. If you prefer that the only information your child will ever receive about the donor is what has already been disclosed in his donor profile, you can choose a Non-ID Release donor. Please be aware that some countries have restrictions regarding this matter, and only allow you to choose either an ID Release or a Non-ID Release donor.

INFO / FEATURE	BASIC	EXTENDED
Race and ethnicity	✓	✓
Height and weight	✓	✓
Skin- eye- and hair colour	✓	✓
Build		✓
Shoe and clothing size		✓
Facial shape and lips		✓
Colour of eyebrows and beard		✓
Hair texture		✓
Info about own children		✓
Photos of donor as a child		✓
Photos of donor as an adult		Selected
Blood type	✓	✓
CMV-status	✓	✓
Reported pregnancies	✓	✓
Summary of records	✓	✓
Education	✓	✓
Academics and career info		✓
Emotional intelligence report (EQ)		✓
Cryos staff impression		✓
Q&A about life, experiences, and dreams		✓
Family tree		✓
Handwritten message		✓
Voice recording		✓
ID Release	Selected	Selected
Non-ID Release	Selected	Selected
Donor Exclusivity		Selected

There may be donors who are missing some of the information mentioned above.



CAREFULLY SELECTED SPERM DONORS

When you choose a Cryos sperm donor, you can rest assured that your donor has undergone thorough physical examinations, genetic screening, and tests prior to becoming a sperm donor. In addition to our skilled and experienced laboratory personnel and donor coordinators, we have a team of genetic experts working at Cryos, who provide us with an in-depth understanding of genetic conditions and genetic inheritance.

This thorough evaluation means that not everyone can be approved as a sperm donor. In fact, only 5-10 percent of all donor candidates are being accepted as sperm donors at Cryos.

The donor candidates fill out a comprehensive medical questionnaire and are interviewed by our medical staff, who evaluate the candidates based on family history and risk behaviour (examples of risk behaviour can be unprotected sexual relations or travels to areas with higher risk of infectious diseases). Further to this, a thorough physical examination of the candidate is carried out, blood and urine samples are collected, and the donor candidates are tested for a number of infectious as well as common recessive diseases. Finally, they have a karyotype performed (chromosome profile).

At Cryos, we consider your safety our top priority. We are deeply honoured to help create life and work hard to help you and others become parents to happy, healthy children. We want you to feel safe and secure when choosing a donor at Cryos. This is why we continuously work to improve our donor selection process – to ensure the best possible screening at all times. This means that the list of diseases that the donors are tested for has evolved over time. In each donor profile, you can find the Summary of Records (SOR) stating which diseases the donor has been tested for.

All donors who get approved are regularly tested for infectious diseases throughout the full duration of the donation period.



THE SPERM DONOR APPLICATION IS RECEIVED AT CRYOS



THE SPERM QUALITY IS TESTED



**THE SPERM DONOR CANDIDATE COMPLETES
A MEDICAL AND FAMILY HISTORY QUESTIONNAIRE**



**HEALTHCARE PROFESSIONALS REVIEW THE
QUESTIONNAIRE WITH THE SPERM DONOR CANDIDATE
AND PERFORM A PSYCHOLOGICAL EVALUATION**



**THE SPERM DONOR CANDIDATE UNDERGOES CLINICAL
EXAMINATION AND SCREENING FOR INFECTIOUS AND
HEREDITARY DISEASES**



**ONLY 5-10% OF THE DONOR CANDIDATES ARE
ACCEPTED AS CRYOS SPERM DONORS**

GENETIC MATCHING

When a child is created, one copy of the genes is inherited from the female and one copy is from the male. Some genetic diseases will only show if both the male and female are carriers of the same gene. Even though we are healthy and well, we are all carriers of some genetic variants. By using Genetic Matching, you will get to know that your genes are compatible with the donor's genes. A match reduces the risk for your child to inherit a serious disease caused by predisposition (if one of the biologic parents are genetic carriers).

**CHOOSE
GENETIC MATCHING
IF YOU WANT TO FEEL
EVEN MORE CALM
AND SECURE ABOUT
YOUR CHOICE
OF DONOR.**



WE OFFER TWO KINDS OF GENETIC MATCHING

At Cryos, we offer you two kinds of Genetic Matching solutions; Panel Matching & Single Gene Matching.

Panel Matching

With the overall panel matching we will match more than 300 of the most common genetic inherited diseases, between your and the donor's genes. By doing this we can rule out the common genetic diseases found in these genes, and lower the risk of having a child with a genetic disorder.

Single Gene Matching

The Single Gene Matching can be useful if you already have the knowledge that you are carrier of a certain genetic disease. This knowledge might come from a genetic screening performed by your doctor or fertility clinic. To ensure that the donor you choose does not have the same predisposition the Single Gene Matching can help you make the right choice.



MATCH GUARANTEE

At Cryos, we provide a match guarantee which means that we will continue matching your genes with donors' until we find a match. If the result is a 'no-match' between you and the chosen donor, you get to choose a new donor.

Limitations

Even though we conduct a matching between you and your chosen donor, we cannot eliminate the risk of the child developing a genetic disease. Not all inheritable diseases can be identified when conducting a matching as well as new or unknown mutations cannot be identified using matching.

If you have questions or are interested in ordering Genetic Matching please contact our Customer Care at +45 8676 0699 or dk@cryosinternational.com.



ORDERING DONOR SPERM ONLINE – STEP BY STEP

When you are ready to order donor sperm from Cryos, you can do it online on our website. We have made the following step by step-guide to help you through the process. If you have any questions or need further help, our Customer Care Consultants are ready to assist you.

Please make sure to discuss your treatment with your healthcare professional in advance. Follow your clinic's recommendations as to which motility and how many straws to order in accordance with your specific treatment plan. It is possible to place your order up to 4 weeks in advance or make a reservation for future treatments.

1

Go to cryosinternational.com.

2

To access all available information about our donors, please log in or create an account. You do this by clicking on the small person-icon on top of the page and choose "Create new account". Fill out the requested information and click "Next". Make sure to indicate the right Treatment country and Country of residence, since these choices affect which donors are available to you.

3

When you have created your account you will receive a verification email. Please follow the instructions in the email to complete your registration.

4

Once you have set up your free account, you are ready to start your donor search. Click on “Find donor” and narrow down your search results by setting up filters e.g. regarding the donors’ ethnicity, appearance and profile type. Just click on “Filters” and tick the boxes of your preferences.

5

Click on a donor profile to find more information, including details about stock, prices, motility and screening results. You can mark and save your favourite donors by clicking on the small heart-icon on their profile.

6

When you have chosen a donor, it is time to add straws to your basket. Select the type and motility you want and use the +/- to specify the amount of straws you want to buy now and/or reserve for later use.

7

Follow the ordering procedure by selecting delivery address, shipping date and method of shipment.

8

Proceed to payment and choose your preferred payment method (credit card or bank transfer). Please note that we cannot ship your order until we have received your payment. If you choose bank transfer it can take up to 3 working days before we receive the payment in our account.

9

Confirm the order, and you will receive an email confirmation.

REMEMBER TO RESERVE DONOR SPERM FOR SIBLINGS

If you would like to have more than one child with the same donor, we recommend that you reserve enough sperm to have the children you dream of.

Using the same donor means giving your children genetic siblings. Growing up, it can be reassuring and comforting for the children to have relatives that they are genetically related to.


WHEN TO MAKE A RESERVATION?

We know that siblings for your future child might not be on your mind right now. However, we cannot guarantee that straws from a specific donor will be available in the future, unless you make a reservation. Therefore, we recommend that you consider making a reservation upon placing your first order, to ensure that you have enough sperm for future siblings as well.

HOW DOES IT WORK?

Cryos stores the reserved sperm for you for as long as you need. When you wish to proceed with fertility treatment, we can deliver the straws to your fertility clinic. You can request delivery of the straws from your personal account on our website.

If it turns out that you need fewer attempts to become pregnant than expected, or if you decide not to have any more children, you can easily cancel your reservation. We offer to repurchase the reserved straws at 75% of the original straw price.





READY TO RESERVE SPERM FOR YOUR DREAM FAMILY?

Follow the step-by-step guide on page 12-13 and choose 'Reserve for later' when placing the straws in your basket. At Cryos, you can make a reservation of straws to be stored from 3 months and up to 10 years.

OUR EGG DONORS

If you are looking for the right egg donor to help you become a mother of your dream baby, have a look at our Egg Donor Search. At our Sperm & Egg Banks in the US and in Cyprus we selectively recruit our own egg donors, and we perform egg retrievals and oocyte vitrification according to Cryos' high standard freezing programme.

CRYOS EGG DONOR FACTS:

- 18 to 30 years old
- In great health, both mentally and physically
- 90% are currently in college or have a college degree
- 10% are in a specialized trade
- Psychologically evaluated

Cryos' egg donors are all very different, but they share an important personality trait: they are altruistic individuals. In our Donor Search you will find young students as well as women who have started their own families and want to help others be able to do the same. As you can see from their profiles, they have a wide range of professions, interests and hobbies, and they represent many different ethnicities and phenotypes.

Choose between **Basic Profiles**, providing information on the donor's race, ethnicity, eye and hair colour, height, weight, blood type and education. Or choose from the **Extended Profiles** containing detailed information on the donor's background, education, family interests and hobbies. If you choose an ID Release egg donor, the donor profile will also include an adult photo of the donor.



“I’m a donor because I’ve seen so many different perspectives of the egg donation process. I worked with an individual who struggled to create a family. Later in life, I met someone who was the product of an egg donation. I thought it was a wonderful, beautiful thing that I wanted to be a part of.”

ANNA, EGG DONOR AT CRYOS

Please note that this is a model – not a Cryos donor.

SELECTED FEATURES IN OUR DONOR SEARCH:



EMOTIONAL INTELLIGENCE (EQ) PROFILE



CHILDHOOD/ ADULT PHOTOS



SCREENING RESULTS



VOICE RECORDING (AUDIO)



STAFF IMPRESSION

THOROUGHLY SCREENED EGG DONORS

If you choose a Cryos egg donor you can always be sure that your donor has undergone thorough physical examination, genetic screening and psychological evaluation prior to becoming an egg donor.

We want you to feel comfortable with your choice of egg donor, and we continuously look for ways to improve our screening process.

At Cryos, all donor candidates complete a comprehensive medical questionnaire and participate in an in-depth interview assessing risk behaviour, symptoms of disease, and family medical history. The medical exam also includes a psychological assessment and a background check. Candidates with a family history of serious hereditary mental and/or physical diseases are rejected.

In addition to this, our in-house nurses do an extensive screening process to ensure potential donors are in good health, meet body mass criteria and provide a genetic history. Egg donor candidates are tested in accordance with the FDA guidelines. We also do a genetic carrier test as well as test for infectious diseases. Finally, donors are screened for normal karyotype.



THE EGG DONOR APPLICATION IS RECEIVED AT CRYOS.



THE EGG DONOR CANDIDATE COMPLETES A MEDICAL AND FAMILY HISTORY QUESTIONNAIRE.



THE EGG DONOR CANDIDATE ATTENDS AN EGG DONOR CANDIDATE MEETING ABOUT THE PROCESS AND INITIAL LAB TESTING IS DONE.



THE EGG DONOR CANDIDATE GETS A PSYCHOLOGICAL ASSESSMENT FROM OUR MENTAL PROFESSIONAL.



THE EGG DONOR CANDIDATE UNDERGOES A PHYSICAL EXAMINATION, PELVIC ULTRASOUND AND SCREENING FOR INFECTIOUS AND HEREDITARY DISEASES.



ONLY ABOUT 4% OF THE DONOR CANDIDATES ARE ACCEPTED AS CRYOS EGG DONORS.



HOW TO ORDER DONOR EGGS

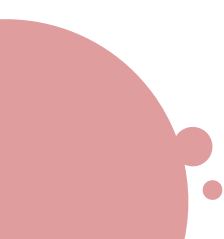
ORDER DONOR EGGS FROM THE US OR CYPRUS

If you need frozen donor eggs, you can obtain them from our egg bank in the US or our egg bank in Cyprus. Visit cryosinternational.com and go to either the Cryos USA webshop or Cryos Cyprus webshop to see our egg donor selection and get more information about donor eggs.

DONOR EGG GUARANTEE

At Cryos, we understand that donor egg treatment can be expensive, and having the reassurance that our frozen donor eggs will fertilize and develop into an embryo provides a higher level of confidence and security. As a patient of a Cryos Reference Clinic, or a clinic that has been trained in Cryos' warming procedures, you will qualify for our Donor Egg Guarantee.

Learn more about the guarantee under the section Donor Eggs at cryosinternational.com/en-us/us-shop or cryosinternational.com/en-gb/cy-shop





OTHER RESOURCES FOR YOU

Going through fertility treatment? You are not alone. Reach out to our Customer Care, or find answers and like-minded in the following resources, that might be helpful to you.

CRYOS BLOG

On our blog, we offer you guides, news, and personal stories about everything from fertility and pregnancy to fertility treatment and choosing a sperm donor.

Visit our blog: <https://blog.cryosinternational.com/en/>

CRYOS NEWSLETTER

If you would like to receive news and updates from Cryos, you can sign up for our newsletter. By subscribing, you will get personal stories, how-to-guides, updates on events and services, etc. directly in your inbox.

Subscribe here: <http://cryosinternational.co/newsletter>

FAMILY DREAMS FACEBOOK GROUP

'Family Dreams' is our online community on Facebook. The group is for you – single or in a relationship – who dream of having a child, and who needs help from a sperm donor to achieve that dream. Meet like-minded in this group and share questions, thoughts, experiences and hope.

Join the group: <https://www.facebook.com/groups/cryosinternational/>



ALL-ABOUT-FERTILITY.COM

FREE ANONYMOUS SUPPORT FORUM AND EXPERT-AUTHORED ARTICLE WITH EVERYTHING YOU NEED TO KNOW ABOUT FERTILITY

All About Fertility is a non-commercial, online universe that offers you valuable fertility insights and anonymous and supportive chat fora for both men and women. The platform is founded by Cryos, together with the two leading fertility experts Kevin McEleny (UK) and Eleanor Stevenson (USA).

On All About Fertility you will find in-depth articles from scientists, doctors, and consultants, giving you the latest knowledge about fertility and the causes of infertility. Furthermore, you will find personal stories and interviews with donor-conceived children, people who have gone through fertility treatment, and others who share experiences, tips, and knowledge that may help and support you on your fertility journey.

Do you need a safe environment where you can talk about your situation, share your concerns and help others struggling with the same issues? Join one of All About Fertility's anonymous chat forum. There is a forum exclusively for men and one for women.





Go to our website by
scanning the code with
your mobile camera



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