



in the
know

What No One Tells You
About Creating a Family
for Same-Sex Couples

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foreword

For many gay and lesbian couples, starting a family can be both daunting and joyful. Along with the wonder and richness of raising a family, there may be substantial legal and medical hurdles to face. But there is good news. In the past few years, legislative changes – at both the Federal and State and Territory level in Australia – have increasingly recognised the legal standing of same sex couples and promulgated their rights, including broader access to assisted reproduction technology (ART).¹ These developments, together with advances in fertility treatment mean that there are now more options available for same-sex couples than ever before.

The diversity of ways in which you may form your family might be overwhelming to you, but there are resources and tools available to help you and your partner navigate the many considerations in your family building journey.

The first step is to have open discussions with your partner about what your mutual expectations are for parenthood, including whether you want a genetically related child or an adopted child. You'll also want to begin familiarising yourself with the legal and financial implications associated with your different choices. And of course, it's important to understand the medical procedures that might be available to you, along with the risks and benefits of each one.

This booklet explores the options for same-sex couples. It reviews the biology that affects fertility and explains the issues that are unique to same-sex couples who want to start or grow their family.

It's important to remember that same-sex couples may encounter some of the same infertility issues as heterosexual couples, but medical fertility specialists can help. There are treatments available for many infertility problems, so the sooner you seek treatment for infertility, the greater the chances may be of successfully conceiving.

Congratulations on taking this first step in your family building journey.



Contents

Chapter One

Bio 101 – The Birds and the Bees	2
----------------------------------------	---

Chapter Two

Family Building Options	7
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Chapter Three

Getting Help	21
--------------------	----

Chapter Four

Other Factors to Consider	29
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Bio 101

- The Birds and the Bees



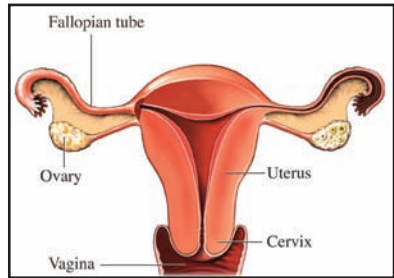
As just about every adult knows, it takes an egg from a woman and sperm from a man to make a baby. Regardless of the path you choose, understanding the process of fertility and conception will shed some light on the role of the male and female reproductive systems in how you create your family.

FEMALE REPRODUCTIVE SYSTEM

The ovaries store a woman's lifetime supply of immature eggs - about 400,000 - and produce the female hormones oestrogen and progesterone, which are both needed for menstruation and pregnancy.



The sperm and egg meet for fertilisation in the fallopian tubes. A fertilised egg attaches itself to the lining of the uterus (the endometrium) and develops in the uterus. The vagina is the passage that leads from the outside of the body to the cervix, the opening to the uterus.



Menstrual Cycle

A regular menstrual cycle is an important element of successful conception. The menstrual cycle refers to the maturation and release of an egg as well as the preparation of the uterus to receive and nurture the fertilised egg (embryo). The hormones released during the menstrual cycle control the sequence of events that lead to pregnancy. On the first day of the cycle, when menstruation, or a “period,” begins, the uterus sheds its lining from the previous cycle. The typical menstrual cycle lasts for about 28 days and is divided into the following three distinct phases.

Follicular Phase - Days 1 to 13

During this phase, the hypothalamus and pituitary glands in the brain release a hormone known as follicle stimulating hormone (FSH). FSH stimulates the development of a follicle, which is a tiny fluid-filled sac in each ovary containing a maturing egg.

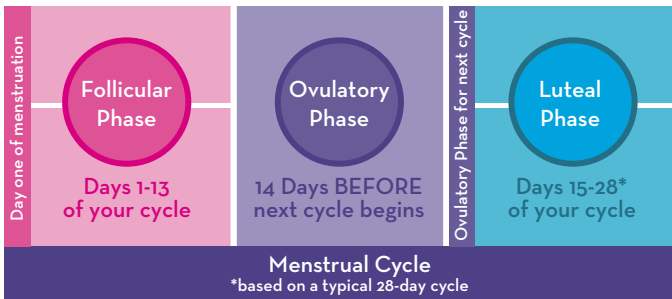
The follicle also secretes oestrogen, which produces mid-cycle changes in the cervical mucus. These changes help prepare the cervical mucus to receive and nourish sperm.



Ovulatory Phase – Approx. 14 Days Before The Next Cycle Starts

The ovulatory phase begins when the level of luteinising hormone (LH), also released by the pituitary gland, drastically increases or surges. LH causes the follicle to break open and release the mature egg into the fallopian tube. During her reproductive years, a woman usually releases a single mature egg each month. This process is known as ovulation. Cervical mucus is most receptive to sperm around this time and a woman has the best chances of conceiving right before and during ovulation.

It is a common misconception that the ovulatory phase begins around day 14 of a woman's cycle; in fact, it can more easily be determined by 14 days prior to the start of a woman's cycle, which may not be an exact 28 days. A cycle begins on the first day that a woman experiences regular flow. Once it's determined how long a personal cycle lasts, a woman should subtract 14 days from the predicted end of the cycle to determine time of ovulation.



Luteal Phase - Days 15 to 28

During this phase, the follicle that produced the egg becomes a functioning gland called the corpus luteum. The corpus luteum produces progesterone, which prepares the endometrium (lining of the uterus) for the implantation of the fertilised egg.

Fertilisation

The ovulatory phase of the menstrual cycle is the optimal time for fertilisation. During insemination, sperm swim through the cervical mucus, into the uterus and along the fallopian tube, where they meet the egg. Although millions of sperm can be released, only one sperm can fertilise an egg. The egg has the capacity to be fertilised for about 24 hours after it is released from the follicle.

Implantation

After fertilisation, the embryo travels through the fallopian tube toward the uterus. Inside the uterus, the embryo implants itself into the lining on about the 20th day of the cycle and continues to grow into an embryo and eventually a foetus. The corpus luteum continues to produce progesterone to preserve the uterine lining and help maintain the pregnancy.

If fertilisation does not occur, the egg passes through the uterus, and the corpus luteum ceases to function on about day 26. The uterine lining then breaks down and is shed several days later as the next menstrual cycle begins.



MALE REPRODUCTIVE SYSTEM

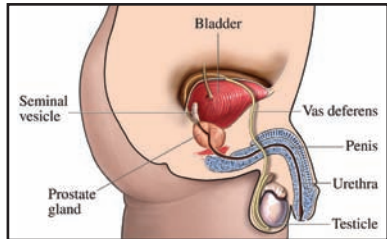
Sperm Production

Similar to the female reproductive system, normal anatomy of the male reproductive organs and balanced hormones are important for fertility. The same hormones

that regulate female reproductive functions also regulate the production of sperm in the male. FSH stimulates sperm production and LH stimulates the production of testosterone, which helps to maintain sperm production.

Sperm are highly specialised cells comprised of a head where chromosomes are stored, and a tail, which enables movement. Sperm are produced by the testes glands (testicles) located in the scrotum. The scrotum maintains a lower than normal body temperature to help sperm develop properly. As sperm are produced, they pass from the testes to the epididymis, an organ at the back of the testes that stores and nourishes sperm as they mature.

When a man releases fluid from his penis, sperm from the epididymis travel along the vas deferens, a tube connecting to the urethra within the penis. This movement of sperm is facilitated by fluids from the seminal vesicle and prostate glands, which combine to make up semen. Once deposited into a woman's vagina, sperm can live for 48 to 72 hours within the female reproductive tract, while retaining the ability to fertilise an egg.





Family Building Options

A Legal Overview For Prospective Parents

Before looking at the practicalities of creating your family, it is worth briefly considering the legal contexts that apply to same sex parenting. In Australia, this is particularly important as the laws relating to Assisted Reproductive Technology (ART; the means to conceive a child without sexual intercourse, sometimes referred to as Assisted Conception) are generally determined by individual States and Territories.^{2,3} This means that there may be regional differences in terms of access to ART and the legal standing of parents, co-parents and potentially, donors who contribute eggs or sperm. For this reason, it is important for you and your partner to familiarise yourselves with the laws that apply in your locality. By contrast, in New Zealand, the Government's 2004 Act covers ART legislation uniformly across the country.⁴



On the up side, there has been change in Australian Federal and State legislation in recent years to address discriminatory laws and to improve access to reproductive and family services. Reforms enacted in 2008 and 2009 by the Australian Government now mean that same sex couples, and their children, are recognised by Commonwealth law and have the same entitlements as opposite sex de facto couples.⁵ Consequently, in Australia, in matters relating to social security, family assistance and child support, Medicare Safety Net, parental leave, educational assistance and family law (among others), same sex couples have similar access to benefits and services as other couples. Non-discriminatory legislation also operates in New Zealand.⁶

In the meantime, States such as Victoria, New South Wales, Queensland and South Australia have also updated legislation pertaining to assisted reproduction and same sex parentage. Of particular note, non-commercial or altruistic surrogacy has become available for the first time in these States.^{1,7,8} In Victoria, the non-birth mother in lesbian couples is now recognised as a legal parent, provided there was consent to the treatment (IVF or artificial insemination) that resulted in the child's conception.¹ This development means that lesbian couples are recognised as legal parents in all States except South Australia.⁹ Similarly, at the federal level, most same sex couples are considered their children's legal parents provided they were in a legally recognised de facto relationship at the time and mutually consented to have the child.²

For same sex couples then, such amendments have improved access to assisted conception technologies, provided a more inclusive and firmer legal standing for non-genetically related partner parents, and offered a range of social services and benefits to couples that was previously lacking.



Creating Your Family

In tandem with social legislation developments, fertility treatment options have also expanded for same sex-couples. For female couples, your choice ultimately depends on the age and health of each partner, as well as the desire of each partner to carry a child. For male couples looking to start or build a family, your favoured method will depend on several factors, including sperm quality and surrogacy options.

A discussion with your GP is an obvious place to start. Ask for a referral to a fertility specialist for a medical assessment as this can guide which path to conception you and your partner choose. A good first step for many men is to have their semen analysed, which can help determine the viability of its use for conception and for directing possible fertility treatment options and next steps.¹⁰

Before you agree to undergo any kind of treatment, take some time to talk to your doctor about its likelihood of success and its risks. You may also wish to enquire about a timeline for each phase of treatment. That way, if a certain treatment isn't working, you'll know when it may be appropriate to consider more advanced treatments.

You should also be aware that while access to fertility services is now more inclusive than ever, according to the various State laws there are a number of checks and requirements necessary for all prospective clients. These may include a check to ensure no prior convictions for violence and counselling so that the implications of assisted conception are fully understood.²

Below are some options that may be available for same-sex couples looking to start or build their family, which may be applicable to one or both of the partners or a surrogate.



Assisted Conception Treatments

Personal circumstances or the causes of infertility will dictate the type of treatment approach that is used. Typical methods may include the following.

Ovulation Induction (OI) - If fertility testing reveals a problem with ovulation and clomiphene citrate tablets - a prescription medication used initially to induce ovulation - proves to be ineffective, or was not appropriate to begin with, other fertility medications may be used to induce follicle development and ovulation. A fertility specialist usually recommends these prescription medications, which are given in the form of injections.

Artificial Insemination (AI) - AI is a procedure in which the healthcare provider inserts the male parent's (or donor's) sperm directly into a woman's reproductive tract. A common AI procedure is intrauterine insemination (IUI), in which the healthcare provider inserts sperm directly into the uterus near the time of ovulation. The healthcare provider may also consider cervical insemination, when semen is released through a soft catheter to the cervical opening.¹¹

Donor Insemination (DI) - Clinic-based DI utilizes sperm collected from a donor who has been screened for various health problems. This donor may be someone you know and have chosen, who has 'donated' sperm to you through a medical facility, or it may be a donor who has been recruited by the clinic. Collected sperm is frozen for six months during the testing to ensure safety, and once cleared for use may be administered using the same procedures as for AI.¹¹ This is one option for conception that can be used by single women or lesbian couples. Some women opting to use a known donor may use home insemination. It is important to know that some clinics will provide stored, screened sperm from a known donor for use at home if desired.²



Assisted Reproductive Technologies (ART)

ART is the umbrella term for a variety of medical procedures used to bring eggs and sperm together without sexual intercourse. These are typically more complex procedures than those listed above and may be used to address significant fertility issues.

In Vitro Fertilisation (IVF) - is the most common ART procedure. During IVF, medications are often used to stimulate the development and release of a woman's eggs. The eggs and sperm are then collected and placed together in a laboratory dish to fertilise. If the eggs are successfully fertilised, the embryos are transferred into a woman's uterus. Hopefully, one of the fertilised eggs will implant and begin to develop.

Intracytoplasmic Sperm Injection (ICSI) - is used in conjunction with IVF and allows a laboratory technician, using a microscope, to inject a single sperm directly into each egg. ICSI is often used if the male has very low sperm count, low sperm motility or poor-quality sperm. If fertilisation occurs after ICSI, the embryo(s) are transferred into the uterus.¹¹

Egg and Sperm Donation - For gay partners who require access to eggs and lesbian couples unable to conceive or who choose not to carry a pregnancy, there is the potential to use egg donation and surrogacy. Egg donation involves one woman (a donor) "providing" her eggs to another woman. In some instances, the egg donor may also be the surrogate (usually for a gay male couple), providing her eggs as well as carrying the child (though this is not allowed in Victoria).² In these cases, IVF is performed in the usual manner, except that the donor receives fertility medications to stimulate the production of multiple eggs in her ovaries. At the same time, the recipient (the intended mother) also receives medications so that her cycle mirrors the cycle of the donor, and her body is prepared to receive the embryo(s). The eggs are then fertilised in a laboratory and the embryos are transferred into the recipient's or the surrogate's uterus.¹¹



For women utilising donated sperm from an unknown donor, it may be necessary to use the services of a fertility clinic. Clinic-recruited sperm donors are health screened (for serious infection and genetic conditions) and counselled. They give consent to the use of their sperm, relinquish their parenting rights over any children conceived and agree to their identity being released to the child at age 18 years (or before this time under regulated circumstances).² Fertility clinics can also provide sperm screening (and storage) for known donors whose semen is used in either clinic-based conception procedures or in an at-home insemination procedure undertaken by the woman.²

For gay male couples, the egg donor may be known or selected using the services of a fertility clinic. The age of the egg donor is one of the most important factors affecting the outcome of IVF. Because fertility declines with age, the donor should ideally be between the ages of 21 and 34. Once selected, the donor will undergo extensive screening that includes medical, psychological, genetic and infectious disease tests.²

Egg and Embryo Freezing - Cryopreservation, also known as “freezing,” involves storing embryos at a very low temperature so they can be thawed and used later. Many fertility clinics now offer this option. Some clinics have begun to offer egg freezing as well.

Preimplantation Genetic Diagnosis (PGD) - is a technique that can be used during IVF to test embryos for a variety of genetic disorders. PGD testing is done before the embryo is transferred to the uterus. This decreases the risk of having a child with a serious inherited disorder. The procedure can detect Down syndrome, cystic fibrosis, haemophilia A, Tay-Sachs disease, and Turner syndrome, along with other disorders.¹²



Things to Consider

It's important to know that advanced fertility treatment can be stressful for couples. Your fertility specialist will help set expectations, provide injection training, monitor treatment response and check for side effects. Patient response and pregnancy success rates can vary. Follow doctors' orders and report any adverse events such as severe abdominal pain, which can be serious. You should also be aware that multiple births are common with the use of some fertility treatment.

Remember,
these treatments
were designed
to bring you
closer to
starting or
building
your family.



Surrogacy

Surrogacy is a process whereby one woman (the surrogate) carries a pregnancy for another person or couple (the commissioning or intended parent/s). Effectively, it can be viewed as a form of ART that enables people, who are otherwise impeded, to have a child. Legislation varies across Australia but in general, over the past few years, altruistic (unpaid) surrogacy has been made legal in all States, except Tasmania (where the current laws are under community review).^{8,13} However, it is unavailable to same sex couples in South Australia and Western Australia. The Northern Territory has no specific legislation on surrogacy, as is the case in New Zealand.^{14,15}

Most importantly, commercial or paid surrogacy is illegal in all Australian States and not permitted in New Zealand and it is viewed as a criminal offence in various jurisdictions.^{8,15} This does not mean however that certain costs and assistance cannot be given to a surrogate in an altruistic arrangement. The definitions of reasonable costs (which ensure there is no material gain) are typically determined by each State's legislation and thus it is important to get full information for the region relevant to you.

Other important aspects of surrogacy arrangements may also vary across different precincts, so comprehensive legal advice and counselling is recommended (indeed, they are required by law for most Australian States). In Victoria for example, the surrogate cannot be genetically related to the child she is carrying, and IVF procedures using donated eggs and/or sperm are necessary for conception and implantation.² This is known as gestational surrogacy. In contrast, in Queensland, there are no specific restrictions on conception and the law does not preclude the use of the surrogate's own eggs, in what is regarded as traditional surrogacy.¹⁶



The law and procedures for arranging a surrogacy agreement as well as those determining parentage of children born through surrogacy may also vary across jurisdictions, reinforcing the necessity for obtaining legal advice.

Considerations for HIV-Positive Prospective Parents

If you or your partner is HIV-positive, speak to your healthcare provider or an HIV Specialist for more information about your options and risks.

Adoption

Adoption by same sex couples is available in Western Australia, the ACT and in New South Wales. In Tasmania, the 'step-parent' in a same sex couple can apply to adopt the biological child of a partner.^{17,18} At present, in other Australian States and Territories, and in New Zealand, there are no provisions for adoption by same sex couples. Across Australia and in New Zealand, single individuals, including those who are gay or lesbian, may adopt though this may only be in highly exceptional circumstances in some jurisdictions.^{2,17}

Each Australian State and Territory has its own adoption authorities that assess eligibility of prospective parents. These authorities may work with partner agencies to manage the adoption of local children. They also coordinate with the Federal Attorney General's Office to handle overseas adoptions. Consulting your local authority for more complete information is advised, since procedures vary according to location.

Fertility Considerations

In addition to understanding ART options as they relate to the family building process, it's also important to remember that anyone can be affected by infertility, and for same-sex couples, fertility issues may be uncovered after starting the family building process with ART.



FEMALE FACTORS

There are a number of biological issues that can cause infertility in women. In general, there may be a fertility problem if a woman is younger than 35 and unable to conceive after a year of regular, unprotected intercourse, or older than 35 and unable to conceive after six months of trying. This may or may not be an issue for you or your surrogate.

Ovulatory Issues

Approximately 25% of all infertile women have problems with ovulation.⁶ The normal ovarian cycle is so complex that even small changes may disrupt the cycle and prevent ovulation. In the majority of cases, the problem is caused by hormonal imbalances (e.g., not having enough of a certain hormone or not releasing a hormone at the right time). This can be caused by faulty communication between the brain and the glands responsible for releasing the hormone. Sometimes, abnormal ovulation may also be associated with significant changes in weight (loss or gain), including extremely low body weight or being overweight.

Physical Issues

If the problem is not with the ovulation cycle, then there are some physical problems that can cause fertility issues in women. If you or your surrogate fit into any of these categories, you should contact your doctor:

- **Blocked fallopian tubes** – though there are many causes for this, including past infections or sexually transmitted diseases (STDs), blockages can prevent the sperm and egg from uniting or they can prevent embryo implantation
- **Cervical disorders** – some cervical problems can prevent the sperm from entering the uterus



- **Endometriosis** – this disease causes cells that normally line the uterine cavity to also implant outside the uterus on the ovaries or other pelvic organs and is found in about 35% of women who have no other diagnosable infertility problem.¹⁹
- **Polycystic Ovarian Syndrome (PCOS)** – one of the leading causes of infertility in women. PCOS is a condition in which cysts develop in the ovaries due to abnormal hormone levels, sometimes causing the ovaries to enlarge

History

Here are some red flags just for women. If you or your surrogate fit into any of these categories, you should contact your doctor:

- Over age 35
- Irregular or absent periods
- Two or more miscarriages
- Prior use of an intrauterine device (IUD)
- Endometriosis/painful menstruation
- Breast discharge
- Excessive acne or hirsutism (body hair)
- Prior use of the birth control pill and no subsequent menstruation



MALE FACTORS

While gay men may think female fertility issues don't affect them, it's important to remember that surrogates may also experience difficulty carrying a child, despite extensive screening. It's also important to know that there are a number of factors that can lead to fertility issues in men.

Sperm Issues

Many male fertility issues are related to sperm disorders. Disorders of sperm quantity or quality will generally be detected during the preliminary screening process when considering AI, IVF, or surrogacy. Many factors play a role in whether or not sperm will succeed:

- Sperm count (number of sperm)
- Motility (ability to move)
- Morphology (size and shape) impacts forward progression and quality of movement

Physical Issues

If the problem is not with the sperm, then there are some physical problems that can cause fertility issues in men. If any of these apply to you, then you should contact your doctor:

- Erectile dysfunction - inability to get or sustain an erection
- Undescended testis - testis has not reached its normal position in the scrotum, causing it to function abnormally and potentially not produce sperm
- Retrograde ejaculation - ejaculate containing the sperm flows backwards into the bladder instead of leaving the penis
- Scrotal varicocele - the most common cause of identifiable male infertility, this occurs when a varicose vein is around a testicle, which may hinder sperm production



Medical and Family History

If you're a male, talk to your doctor, and discuss any of the following male-specific issues that can lead to trouble conceiving:

- Mumps after puberty
- Previous urologic surgery
- Prostate infection
- Family history of cystic fibrosis or other genetic disorders

FACTORS THAT MAY AFFECT BOTH GENDERS

There are some factors that may cause fertility issues in both men and women:

- History of sexually transmitted disease
- History of pelvic/genital infection
- Previous abdominal surgery
- Reversal of surgical sterilisation
- Chronic medical condition (e.g. diabetes, high blood pressure)
- History of chemotherapy or radiation therapy

Lifestyle

Keep in mind that certain lifestyle choices can affect your fertility. You might want to consider talking to your doctor if any of these apply:

- Alcohol consumption and smoking have been shown to compromise fertility of both men and women. Doing both is even more of a problem than either alone.
- Being underweight, overweight or obese may reduce a woman's fertility.
- Prolonged exposure to high heat (e.g. hot tubs, whirlpools) can lower sperm quality.



- Higher amounts of caffeine (more than 200 mg/day or about 2 cups) have been shown in some studies to make it harder to conceive and can increase the risk of miscarriage.²⁰ Be aware that some coffeehouse drinks can have up to 560 mg in a single beverage.²¹ Cola drinks (about 40–49 mg caffeine) and energy drinks (80 mg caffeine per 250 mL) should also be avoided.²²
- Exposure to toxic substances on the job, such as pesticides, radioactivity, X-rays, and electromagnetic or microwave emissions, may lead to sperm abnormalities.
- Some drugs for heart disease and high blood pressure may cause infertility in men.
- Illegal drugs, such as cocaine, or inappropriate use of prescription drugs, can affect sperm production and function.²³

The bottom line is: If you feel like some of these apply to you, your partner, or a potential surrogate, then talk to your doctor. Don't dread and prolong making the call; most of the causes of infertility listed are treatable.



chapter three

Getting Help

As a same sex couple, you will know you have choices in determining how to start your family. In many cases, medical intervention of some sort will be an obvious option and the first step is thus a consultation with your general practitioner (GP). Your GP may refer you directly to a gynaecologist or fertility specialist whose focus is on reproductive health, or you may be referred to a fertility clinic. It may also be recommended that male prospective parents visit a urologist or andrologist, or have an independent sperm analysis.

Any potential fertility concerns will be addressed with a thorough evaluation of a prospective parent's medical and personal history, through physical examination and medical testing.



The Role of the Fertility Specialist

The role of a fertility specialist is to help those wishing to get pregnant and includes coordinating AI and IVF procedures for same-sex couples looking to build their families. They can also help identify and treat fertility issues in men and women.

Fertility doctors (specialists in Obstetrics and Gynaecology) may additionally be Certified Reproductive Endocrinology and Infertility (CREI) sub-specialists. This means they have undertaken an additional three years of subspecialty study to ensure comprehensive management of patients with reproductive endocrine disorders and infertility.²⁴

The Role of the Urologist

A urologist can help men, in particular, during the family building process, as they specialise in the male reproductive system. Urologists are trained to diagnose, treat, and manage patients with urological disorders.

What questions should I discuss with my partner before my medical visit?

- If you are a female couple, will one of you be providing the egg and where will you get the sperm? Who is going to carry the baby?
- For men, will one of you contribute the sperm? Where will you get the egg?
- Will both partners be tested for fertility issues?

You may also make these decisions after speaking with your healthcare provider.



What questions should I ask during my medical visit?

Being prepared with questions will ensure you get the most out of your visit. How many times have you left a doctor's office only to remember that question you meant to ask?

Don't be shy and if you don't understand the answers, don't hesitate to ask your healthcare provider to repeat them or to put them in layman's terms.

Possible Questions for your Fertility Specialist (For Lesbians and Gay Male Couples)

- Based on my test results, do I have potential fertility issues?
- If I do have potential fertility options, how will this impact on who will carry the baby?
- Based on the test results, what are my treatment options, and how much do they cost?
 - Will Medicare or my insurance pay for the testing and/or treatments?
 - Will your clinic help me determine what my insurance will cover for infertility?
- What is your IVF success rate for gestational carriers?
- What can you tell me about the risks associated with each of these procedures?
- How will I communicate with you during this whole process?
- Does your clinic provide emotional counselling, or can you refer me to a counsellor who deals with same-sex couples?
- Do you recommend any complementary healthcare practices such as massage or acupuncture?



Here are some additional questions that may help you, your partner or your surrogate if undergoing OI and/or IVF.

Ovulation Induction

- How many OI cycles do you recommend before moving to IVF?
- At what point would you convert me/her to IVF or cancel my OI cycle?
- What are the risks involved?

In Vitro Fertilisation

- What is the success rate for IVF in terms of live births per embryo transfer?
- What are the risks involved?
- How many embryos do you typically transfer per cycle?
- Can you help us access donor egg, embryo or sperm programs?

Questions for Advocacy Organisations

- What kinds of programs and services do you offer?
- Do you have a local chapter or any upcoming events in my area?
- Do you offer any financial assistance programs?



Where to Turn for Help

Always speak to your doctor first. Additionally, here are some resources that can provide information and support.

Support Organisations

AccessAustralia: www.access.org.au

Ph: 1800 888 896 **Email:** info@access.org.au

AccessAustralia is the National Infertility Network and provides numerous services and resources for people having difficulty conceiving. Its services include:

- *Fact sheets covering many aspects of infertility*
- *Website with the latest news, blogs, online membership area and secure direct contact with other members*
- *OPTIONS groups which provide contact for those sharing a particular infertility experience*
- *A Contact Request Network to put people in touch by email, letter or phone*
- *A list of infertility clinics licensed by the Reproductive Technology Accreditation Committee (RTAC)*
- *Vigilance with federal and state governments about reimbursement and access to ART*
- *Infertility Counsellors Network, comprised of professional counsellors throughout Australasia who work in the field of infertility.*

Fertility Society of Australia: www.fertilitysociety.com.au

Ph: (03) 9645 6359

The FSA is a peak body representing scientists, doctors, researchers, nurses, consumers and counsellors in reproductive medicine in Australia & New Zealand. It works to improve the standard of fertility services, encourage research in reproductive medicine and provide strategic guidance to government and other interested bodies.



Andrology Australia: www.andrologyaustralia.org

Ph: 1300 303 878 **Email:** info@andrologyaustralia.org

Provides factsheets, journal articles and the latest news on male reproductive health.

Donor Conception Support Group: www.dcsng.org.au

Ph: (02) 9793 9335 **Email:** dcsng@optusnet.com.au

The Donor Conception Support Group of Australia is a self funding organisation run by volunteers. Its members include those who are considering, or using, donor sperm, eggs or embryos, those who already have children conceived on donor programs, adult donor offspring and donors. It offers a newsletter, information nights, a library of books and articles, and telephone support.

Endometriosis Association (QLD): www.qendo.org.au

Ph: (07) 3321 4408 **Email:** info@qendo.org.au

This association provides information and news relating to the latest research and treatments for endometriosis.

New Zealand Endometriosis Foundation Inc: www.nzendo.co.nz

Ph: 0800 733 277 (support line) **Email:** nzendo@xtra.co.nz

Polycystic Ovarian Syndrome Association of Australia (POSAA):

www.posaa.asn.au **Ph:** (02) 8850 9429 or (02) 8250 0222

Email: info@posaa.asn.au

POSAA is a self-help association for women with polycystic ovarian syndrome (PCOS) and those who suspect they have it. Its website includes information on upcoming workshops, support groups and fact sheets.



SANDS Australia is a self-help support group comprised of parents who have experienced the death of a baby through miscarriage, stillbirth, or shortly after birth. It provides 24-hour telephone support, information resources, monthly support meetings, name-giving certificates and other support.

- **VIC:** www.sandsvic.org.au **Ph:** (03) 9899 0218 (support) or (03) 9899 0217 (admin) **Email:** info@sandsvic.org.au
- **QLD:** www.sandsqld.com **Ph:** 1800 228 655 (support) or (07) 3254 3422 **Email:** sandsqld@powerup.com.au
- **SA:** www.sandssa.org **Ph:** (08) 8277 0304
Email: support@sandssa.org (quick response) or info@sandssa.org (general query)
- **New Zealand:** www.sands.org.nz/home.html
Ph: (04) 478 0895 **Email:** contact@sands.org.nz

FertilityNZ: www.fertilitynz.org.nz

Ph: (03) 332 7790 or 0800 333 306

Email: contact.us@fertilitynz.org.nz

FertilityNZ is New Zealand's national network for those seeking support, information and news on fertility problems. It provides various services including:

- *Regional support and contact groups*
- *General advice and contact service*
- *Comprehensive information brochures*
- *A forum for confidential feedback on any issues or concerns*
- *A chatroom where you can seek on-line support from people in similar situations.*



Assisted Reproductive Technology

Websites of the statutory authorities that administer aspects of the ART laws in the States of Victoria and Western Australia provide broad ranging information on ART legislation, donor registers, application procedures and links to resources including publications.

Reproductive Technology Council (WA):

www.rtc.org.au/index.html

Victorian Assisted Reproductive Treatment Authority:

www.varta.org.au

Websites of State Health Departments also have information on ART and relevant legislation, while the various offices of Births, Deaths and Marriages address issues of parentage and donor registration.

Gay and Lesbian Parenting

A number of support and lobby groups for gay and lesbian parents provide comprehensive information with regular legislative updates as they apply.

Wear it with Pride parenting page: www.wearitwithpride.com.au/law-reforms/parenting

Gay Dads Australia: www.gaydadsaustralia.com.au

Gay and Lesbian Rights Lobby: <http://glrl.org.au>

Rainbow Families Council: www.rainbowfamilies.org.au

Parents Family and Friends of Lesbians and Gays (PFLAG):
<http://www.pflagvictoria.org.au>

Pink Parents (South Australia): <http://pinkparents.ning.com>



other Factors to consider



chapter four

Having Realistic Expectations about Getting Pregnant

For same-sex couples who want to start or build a family, setting realistic expectations about having a baby can be critical to your peace of mind. Even if you don't have fertility issues, a same-sex relationship makes the use of reproductive technologies necessary for a pregnancy in most cases, which can take time and may require numerous attempts. The good news is that same-sex couples can have biological children and appear to be doing so in increasing numbers, but you'll need patience and knowledge of what to expect during your journey.

Dollars and Sense

Having a child is expensive in itself, but using AI, ART, or surrogates to conceive and carry a child to birth can add costs above and beyond what is normally incurred. Other costs, such as legal and administration fees, may not be included, and each clinic will have its own prices.

In Australia, Medicare will help cover many of the costs associated with fertility treatment or ART procedures, while New Zealand citizens may be eligible for up to two government funded cycles of IVF. Support organisations such as AccessAustralia and FertilityNZ keep a close watch on government policy to ensure government reimbursement remains.

With so many treatment options available today, the range of costs can vary dramatically. Some preliminary tests and medications may cost up to several hundred dollars, whereas multiple techniques could cost several thousand. The costs involved in your treatment will vary depending on how much and the type of assistance you require as well as the fertility clinic or specialist you choose.

Private Health Insurance

If you are considering any fertility treatments, the first step is to review your health insurance policy with a fine-toothed comb. IVF and other assisted reproductive services aren't automatically covered on policies that cover natural births and obstetrics. Even on policies which include IVF, where treatment comprises several steps, only the component which involves an admission to hospital may be covered under private hospital insurance (these may include the day surgery fees from the hospital and anaesthetist). Typically, IVF and artificial insemination (or Gamete Intrafallopian Transfer, GIFT) are two of the procedures most commonly covered in private policies.



Services which occur outside of a hospital admission, including consultations and tests, may be claimable on Medicare or paid out of your own pocket.²⁵

Before you begin treatment, it is recommended that you ask your private health insurance company about the most appropriate level of cover for you. Check to confirm what services you will be required to pay for and that you have completed any required waiting periods. The standard waiting period of IVF treatment is 12 months but some policies also restrict benefits for up to three-years. Check with your doctor and IVF clinic for more information and quotes. Further general information on private cover can be accessed at the website of the Australian Government's Private Health Insurance ombudsman: www.phio.org.au/facts-and-advice/obstetrics.aspx.

Treatment costs in Australia

Most fertility clinics or specialists in Australia will provide you with a detailed list of the costs involved in IVF and assisted reproduction procedures. A timeline of when fees are due and the proportion of costs covered by Medicare (where applicable) will also be detailed. You should be reassured that a large portion of the costs for pathology/diagnostic tests and some treatment procedures can be refunded through Medicare and private health insurance depending on your level of cover. In addition, the Medicare Safety Net subsidises some of the costs once you have paid a certain threshold amount (see information below).

What is the Medicare Safety Net?

In addition to the standard automatic Medicare rebate you receive, the Medicare Safety Net covers a certain amount of the out-of-pocket costs for medical services provided after a particular threshold amount per calendar year is reached. Out-of-pocket costs are the difference between the Medicare



benefit and what your doctor charges you. This includes specialist consultations and outpatient IVF services.

In order to be eligible, all of your family members must register for the Medicare Safety Net (even if they are listed on your Medicare card) as individual medical costs are combined and you will reach a threshold sooner. Individuals are automatically registered.

Many couples accessing fertility treatment for the first time are unlikely to have reached the Medicare Safety Net threshold prior to beginning treatment. This means that your first treatment cycle is likely to cost you more than the subsequent treatment cycles within the same year. Please note that at the end of December each year, your amount towards the threshold is returned to zero not rolled over to the next year.

For more information on the Safety Net threshold amount relevant to you and to register, call Medicare on 132 011 or by filling in an online form available at www.medicareaustralia.gov.au

Publicly Funded Treatment Costs in New Zealand

Joining a PHO (Primary Health Organisation) will entitle you to subsidised visits to your general practitioner and may also cover the costs of certain laboratory tests. Specialist care through the public system is free but waiting times will vary depending on your region and the type of treatment required. Private health insurance may pay a certain amount of your costs towards certain tests depending on your level of cover. For more information visit www.moh.govt.nz/primaryhealthcare



Government Funded Fertility Treatments

If you are a New Zealand citizen or have permanent residency, you may be eligible for two 'packages' of government funded fertility treatment. A 'package' means:

- One full IVF cycle including transfer of any frozen embryos, or
- Four cycles of intrauterine insemination (IUI), or
- Other treatment such as ovulation induction, donor sperm insemination or surgical sperm retrieval.

To be eligible, your doctor will assess you by using a scoring system called the Clinical Priority Assessment Criteria (CPAC).

LEGAL PARENTAGE AND RELATED CONSIDERATIONS

Donor Sperm or Eggs

There are important considerations when using donor eggs or sperm, or a surrogate. For couples using a fertility service, you will generally find that the psychological, ethical and legal aspects of family forming using these methods is thoroughly reviewed and is a regulated part of the process.² For those people using donated sperm that is not managed by a clinic, it is a good idea to consult your doctor, lawyer and possibly a specialist counsellor for their guidance.

Importantly, in terms of parental rights and responsibilities, across Australia, legislation states that egg and sperm (and even embryo) donors are not the legal parents of children artificially conceived with their reproductive tissue. The recipient/s who have consented to the procedure are the legal parents.^{2,26} Similarly, in New Zealand, donors have no legal rights or



responsibilities for any conceived child.²⁷ In both countries, information about donors is kept on official registers and may be accessed by the child once they are 18 years of age.

This does not preclude earlier interaction between child and donor. Indeed, while egg and sperm donors may not be listed on a child's birth certificate and are not legal parents, Australian Federal law nevertheless allows people with "an interest" in a child's welfare (e.g. donor, surrogate, grandparent) to apply for a court order allowing them contact or other arrangements.²

If you are engaging a known donor, you may find it particularly useful to have a written agreement, especially if there is a prospect of ongoing contact. Such an agreement is not legally binding – Australian law does not allow you to make a legally-enforceable agreement about a child – but it could be beneficial for clarity among all parties.²

Surrogacy

As noted previously, the laws governing surrogacy agreements vary somewhat across Australian States, and rights of same-sex partners regarding parentage and the procedures to establish legal parentage can differ. It is in your interest to make arrangements in a State where the legislation is most aligned with your needs.

Having said this about the broader legal landscape, it is also very important to understand that any individual surrogacy agreement that is reached is not a legally enforceable or binding one (see above) – the agreement is not a contract.² The birth mother (and her partner) are considered the legal parents until an official transfer of parentage is approved – fortunately, the legislative changes in various States in recent times have helped codify and facilitate this transfer.^{2,716}



In New Zealand there is currently no law on surrogacy. Intending parents are usually referred by their fertility clinic or specialist to the National Ethics Committee on Assisted Human Reproduction (NECAHR), which gives approval on a case-by-case basis according to a set of guidelines.¹⁵ These include a requirement that the surrogacy be non-commercial. Despite any surrogacy arrangement, a birth mother is the legal mother of a child and has rights in relation to day-to-day care, contact and guardianship.^{27,28}

If all this detail seems daunting to you, be reassured that in Australia, full legal and ethical consultation will be part of the process of any surrogacy arrangement before it can go ahead. Remember, qualified professionals can help you navigate the emotional and legal complexities.

Addressing Societal Stereotypes

The question inevitably arises, “To tell or not to tell?” As a same-sex couple planning to start or build a family, you may be walking around with a tremendous burden on your shoulders. Face it, a lot of people in society still don’t get it when it comes to gay or lesbian couples having kids, let alone expressing the desire to have them. Some of those people may be members of your own family. Therefore, you may want to confide only in people you feel comfortable with, if any. Remember, you don’t owe anyone an explanation for your decision to start a family, especially if you also have fertility issues. These topics are personal. It is up to you and your spouse or partner if you want to share this information.

Unfortunately, some stigmas may exist regarding homosexuality, which can lead to false assumptions about parental abilities and the resulting well-being of the children. But when the time comes to tell your family or even your boss, you have science on your side. If necessary, you can explain that studies show



children of lesbian and gay parents fare as well as those of heterosexual couples in terms of emotional, cognitive, social and sexual functioning. It is the nature of the familial relationships and family interactions that have a greater influence on the development of the child - not your gender preference. You can also point out that several misconceptions have been shown to be false, including that homosexual parents address parenting fundamentally differently than heterosexual parents.²⁹

Remember that having children is one of our most innate drives as human beings, and every couple should have the right to build their own family. While the process is no doubt more complicated for gay couples, it may be possible in today's society for you to become parents, and of genetically related children.

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