



# Guide for Transgender People

At Hull and East Riding Fertility we pride ourselves on providing equality in access to fertility treatment as we believe everyone has a right to a family. Navigating treatment as a transgender person can be confusing, but our team at Hull and East Riding Fertility aim to guide you through your options and help you to choose the best treatment for you.

The guide below is meant to highlight options available to you and our highly experienced team at the Clinic can discuss these treatment options with you in further detail and will be more than happy to answer questions you may have. Hull and East Riding Fertility have a dedicated Fertility Counsellor who has worked alongside the Clinic for many years. Our counsellor will talk to you about the implications of your treatment and support you through your journey.

Hull & East Riding  
**FERTILITY** 

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## Fertility Preservation

### Trans-female

Sperm freezing is a way to preserve your fertility until you are ready to start your family in the future.

It is important to consider how you think you will want to use your sperm sample in the future as this determines how we will screen and consent you for storage. If you have, or intend to have, a biologically female partner and want to use your sperm for her treatment, then sperm storage is relatively simple. However, in other circumstances, you may have or intend to have a female partner who does not have her own eggs or a womb, or you may intend to have a male partner, in which case a surrogacy arrangement will be required. When using a surrogate, you must, by law, be screened and registered as a sperm donor.

Most people undergoing gender reassignment are not ready to start a family, may not be in a position to consider how they would like to use their sperm in the future or may change their sexual preferences after transitioning. For this reason, it is advisable to keep your options open if you can and consider having the full screening tests required for sperm storage to be used in a surrogacy arrangement in the future.

Currently, the HFEA legally allows you to store your cryopreserved sperm for up to 10 years in the first instance, which can be extended further up to a maximum of 55 years providing that you keep in regular contact and renew your consent.

### Trans-male

Egg freezing is a way to preserve your fertility until you are ready to start your family in the future. The process involves stimulating your ovaries and your eggs being retrieved during an egg collection procedure. Your eggs will be passed to the Embryology team within the laboratory where they will undergo assessment for cryopreservation and storage in our liquid nitrogen tanks. When you are ready to start your family, your cryopreserved eggs will be thawed and used in fertility treatment with ICSI.

Currently, the HFEA legally allows you to store your cryopreserved eggs for up to 10 years in the first instance, which can be extended further up to a maximum of 55 years providing that you keep in regular contact and renew your consent.

We recommend that you read our other guides within the LGBTQ+ community package as there is a certain level of cross-over which may be relevant to you.



## Useful links

**HFEA** - [hfea.gov.uk/treatments/fertility-preservation/information-for-trans-and-non-binary-people-seeking-fertility-treatment](https://hfea.gov.uk/treatments/fertility-preservation/information-for-trans-and-non-binary-people-seeking-fertility-treatment)

**Trans peer support group Hull** - [www.lgbtconsortium.org.uk/directory/tpsg-hull-trans-peer-support-group-service-users](http://www.lgbtconsortium.org.uk/directory/tpsg-hull-trans-peer-support-group-service-users)

**Stonewall** - [stonewall.org.uk](http://stonewall.org.uk)

**Depend** - [depend.org.uk](http://depend.org.uk)

**Gendered Intelligence** - [genderedintelligence.co.uk](http://genderedintelligence.co.uk)

**GIRES** - [gires.org.uk](http://gires.org.uk)

**COTS** - [surrogacy.org.uk](http://surrogacy.org.uk)

If you would like more information about being treated as a female couple at Hull and East Riding Fertility, please get in touch via our email or call our patient care coordinator.



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