



Common LGBTQ+ Fertility Terms

Knowing the different terminology commonly used in the LGBTQ+ fertility community can help when it comes to preparing for the fertility process.

It can also help your loved ones have a better understanding of your fertility journey and how to use these terms in conversation.

DOUBLE DONOR IVF (IN VITRO FERTILIZATION)

This is the process of using sperm and egg donation if needed. Double donation treatment may be an option for an older couple or single person, or if both partners have fertility issues.

DIRECTED DONATION

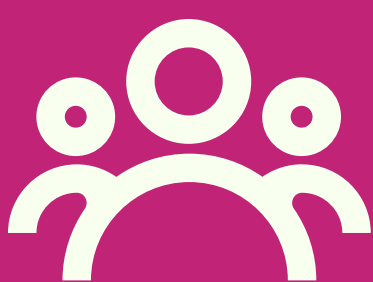
A directed donation allows family members or friends (also called “known donors”) to donate their healthy eggs or sperm to those in need.

RECIPROCAL IVF/CO-MATERNITY

Reciprocal IVF, or co-maternity/partner-assisted reproduction, involves collecting and fertilizing one partner’s eggs during an IVF cycle, and then implanting that embryo in the other partner’s uterus so they can carry the child.

GESTATIONAL CARRIER

A gestational carrier (GC) is typically a person who carries a pregnancy from an embryo that was created by the intended parents using their own or donated sperm or egg.



We hope having these terms on hand helps as you navigate your fertility journey. And remember—you're not alone. Our fertility coaches are here to support you every step of the way.

You can also connect with the Fertility Out Loud community and follow us on [Facebook](#), [Instagram](#), [Reddit](#), and [Youtube](#).

