



Inclusive Fertility Options

Most people don't realize how many fertility options are actually out there, which can be especially helpful for the LGBTQ+ community.

Here's a guide of some options the doctor may discuss with you, depending on what your needs are.

EGG FREEZING

When freezing eggs, hormone injections stimulate the ovaries to produce multiple eggs. Then, the eggs are surgically extracted and frozen right away in a specialized lab to be used at a later stage. For trans men, egg freezing provides several options for building a family—they can carry the pregnancy themselves, donate their eggs to a partner via IVF, or use a gestational surrogate.

SPERM DONATION

The two options for selecting a sperm donor are known donors and unknown donors. Semen analysis is recommended for donors to make sure the sperm are healthy.

EGG OR EMBRYO DONATION

There are a variety of options when looking for and selecting an egg donor. Same sex partners often select a known or anonymous egg donor through an egg donation agency. An egg donation agency interviews and screens potential egg donors to make sure they're physically and psychologically capable of donating eggs.

IUI

During IUI (intrauterine insemination), sperm is inserted into the uterus. This treatment is less invasive and less costly than IVF (in vitro fertilization).

IVF

IVF (in vitro fertilization) involves the eggs being fertilized by sperm outside of the body and the resulting embryos then being implanted into the uterus. IVF may be recommended for the following situations:

- Blocked fallopian tubes
- Severe male factor infertility
- Failed IUI
- To avoid passing on certain genetic disorders
- For donor eggs

SURROGACY

Surrogacy is when a person carries a pregnancy to term for another person or couple—either by being inseminated with sperm or having an embryo implanted. A gestational surrogate is a person who does not supply the egg used in conception but carries and gives birth to a child for another.



When it comes to your fertility journey, 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](#).

