



Fertility Preservation Kit

Procedures for healthcare professionals to help oncology patients

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Knight Cancer Institute
Oregon Health & Science University

Adolescent and Young Adult Oncology Program

**A UNIQUE PROGRAM THAT PROVIDES SUPPORT FOR
CANCER PATIENTS BETWEEN THE AGES OF 15 AND 40.**

Dear Healthcare Professional,

Every patient has the right to know if his or her fertility is at risk before initiating cancer treatment. OHSU Healthcare is proud to have a policy that supports patients' fertility rights (see back page).

Patients with cancer who are concerned about their fertility should know that there are a number of options available, both before and after treatment.

OHSU Knight Cancer Institute is a Fertile Hope Center of Excellence, committed to upholding these patient rights and supporting the fertility education of patients of childbearing age.

Professional education opportunities on fertility preservation are available as well as avenues for becoming involved in this important movement to increase awareness and education.

Additionally, each OHSU unit and clinic that sees patients with cancer has a Fertility Preservation Kit that contains:

- Educational materials for patients and healthcare professionals
- Supplies for referring patients for fertility consultations
- Supplies for patients to collect specimens while in the hospital

Please inform all providers in your clinic or unit about the issue of fertility risk and cancer and these available materials, and ensure they are accessible for use.

If you have questions or need further information on increasing awareness about cancer and fertility risk, call Rebecca Block, Ph.D. at **503 494-6047** or **blockr@ohsu.edu**. For more information or additional Fertility Kit materials, go to **www.ohsu.edu/ayafertility**.

Sincerely,

Brandon Hayes-Lattin, M.D.

Director, OHSU Knight Cancer Institute Adolescent and Young Adult Program



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Director, OHSU Knight Cancer Institute Adolescent and Young Adult Program

TALKING POINTS

If you have questions or need further information on increasing awareness about cancer and fertility risk, call Rebecca Block, Ph.D. at **503 494-6047** or **blockr@ohsu.edu**. For more information or additional Fertility Kit materials, go to **www.ohsu.edu/ayafertility**.

Talking to patients about fertility risks

It is important that you talk with your patients and their families about if/how they can preserve their fertility during cancer treatment. Relevant age ranges are listed in the policy on the back page. The points below will help you prepare for a discussion.

Prepare

Start by reviewing the “Risk” and “Options” talking points described below and in the **Fertile Hope** booklet. If you are uncomfortable or unsure about discussing this topic, identify another individual in your clinic who can consult with patients until you feel ready. Be sure to ask your patients who they would like involved in this conversation, e.g. parents, friends or a significant other.

Discuss with patient

Risk

- State patient’s level of risk based on your assessment of the patient’s cancer and treatment plan.
- Discuss flexibility of timing for initiating treatment.
- Explain what that level of risk means if no action is taken.

Options

- Notify patient and family of options for preserving fertility based on cancer, treatment plan and timing. Describe the options available here at OHSU to the patient and family.
- Notify patient of options for building a family based on fertility preservation options including surrogacy, adoption, donor eggs and donor sperm.

Provide handouts

- Supply appropriate materials to patients and patient families for review.
- Provide referral information for OHSU Fertility Consultants for more information and/or fertility preservation.

What to remember

- All patients have a right to know if their fertility is at risk, even if:
 - There is no time to do anything about it.
 - There is nothing that can be done.
 - The patient is unlikely able to afford fertility preservation.
 - The patient is single.
 - Prognosis is poor.
 - The patient is young.
 - We do not think it is a good idea or necessary to preserve fertility.
- The decision is always the patient’s.

PROCEDURE FOR SPERM PRESERVATION: INPATIENT

If you have a patient who would like to preserve his fertility by banking sperm, take the following steps:

Weekday collection

1. Give the patient the following materials:
 - **Sperm Preservation if You Are in the Hospital:** This provides step-by-step directions for patients.
 - **Male Fertility Preservation:** This includes the cost of cryopreservation. Payment is expected when the sample is taken to the lab. Payment may be made via cash, check or credit card.
 - **Semen Collection & Delivery Information:** Details the collection process.
 - **Sperm Banking Consent:** These consent forms are submitted to the Andrology Lab with the specimen.
 - **OHSU Adolescent and Young Adult Oncology Program brochure**
 - **Cancer and Fertility: For Patients**
2. Complete the **Andrology Laboratory Requisition** and fax the order to **503 418-3708**.
3. Call the Andrology Lab at **503 418-3700** to let them know that the order is on its way.
4. Give the patient a specimen cup and a paper bag. The full specimen cup goes into the paper bag.
5. Escort family and friends out of the patient's room. Hang the "Stop Sign" door hanger on the door of the patient's room. Ask the patient to remove the door hanger when he is finished.
6. When the door hanger is removed, check with the patient to ensure the following:
 - The specimen is in the cup and closed tightly.
 - The cup is in the bag.
 - The **Sperm Banking Consent Forms** are completed.
 - Payment method has been determined.
 - A family member or friend knows where the Andrology Lab is located (Center for Health & Healing, 10th Floor) and can drop off the bag and forms immediately.

Please note:

- The specimen must be received by the Andrology Lab within 30 – 45 minutes of collection.
- Samples must be received **before noon**.
- A friend or family member may bring the specimen with the consent form and **payment** to the Andrology Lab, Center for Health & Healing, 10th Floor Fertility reception desk.
- If no one is available to assist with transport, call the Andrology Lab for help.
- The Andrology Lab will provide tram passes to get back to Marquam Hill.

Pediatric inpatients may be eligible for a pass to go to the Andrology Lab. If interested, ask the charge nurse about this option.

Weekend or holiday collection

Weekend or holiday freezes are not typically done but may be possible. **In these cases, samples must be received between 8-9 am.**

1. If you know in advance that a patient will need to bank on the weekend, call the Andrology Lab immediately to notify them.
2. If you have a Friday evening or weekend admission, call **503 418-3700** and have the on-call fertility doctor paged, ask them to alert the lab technician. Also, call **503 418-3761** and leave a message.

PROCEDURE FOR SPERM PRESERVATION: OUTPATIENT

Patients under 21 years old:

The Nick Wilson Charitable Fund is available to pay for collection and the first year of storage. Let the social worker know; he or she will call the Andrology lab and let them know to bill the fund. The social worker will also email the fund's manager with the patient's name. If there is no social worker available, a physician or nurse can make this call.

If you have a patient who would like to preserve his fertility by banking sperm, take the following steps:

1. Give the patient the following materials:
 - **Sperm Preservation:** This provides step by step directions for patients.
 - **Male Fertility Preservation:** This includes the cost of cryopreservation. Payment is expected when the sample is taken to the lab. Payment may be made via cash, check or credit card.
 - **Semen Collection & Delivery Information:** Details the collection process.
 - **Sperm Banking Consent:** These consent forms are submitted to the Andrology Lab with the specimen.
 - **OHSU Adolescent and Young Adult Oncology Program brochure**
 - **Cancer and Fertility: For Patients**

2. Complete the order in EPIC.

Direct the patient to call the Andrology Lab for an appointment to collect and submit the specimen and the consent form.

Andrology Lab
Center for Health & Healing, 10th Floor
Fertility reception desk
3303 S.W. Bond Ave.
Portland, OR 97239

503 418-3700

Hours: Monday through Friday, 8 a.m. - 4:30 p.m.

3. Same-day appointments are often available. The specimen must be received **before noon.**

If a patient is unable to collect a specimen, a referral to Urology can be made to explore other options in specimen collection.

Urology
Center for Health & Healing, 10th Floor
503 346-1500

Hours: Monday through Friday, 8 a.m. - 4:30 p.m.

FEMALE FERTILITY PRESERVATION PROCEDURES

If you have a patient who would like more information about options to preserve her fertility, take the following steps:

1. Give the patient the following materials:

- **Fertility Preservation for Women**
- **Treatment Options to Preserve Fertility in Women**
- **OHSU Adolescent and Young Adult Oncology Program brochure**
- **Cancer and Fertility: For Patients**

These materials provide an overview of the fertility preservation process and next steps.

2. Ask the patient if she would like a referral to OHSU Fertility Consultants.

If inpatient, call **503 418-3700** and request an inpatient consultation appointment. For an outpatient referral, have the patient call **503 418-3700** to set up their own consultation appointment.

Contacts:

OHSU Fertility Consultants

Paula Amato, M.D.

David M. Lee, M.D.

Phillip E. Patton, M.D.

503 418-3700

Please note: The OHSU Fertility Consultants work to accommodate tight timelines to the fullest extent possible.



MATERIALS TO GIVE TO PATIENTS

If you have questions or need further information on increasing awareness about cancer and fertility risk, call Rebecca Block, Ph.D. at **503 494-6047** or **blockr@ohsu.edu**. For more information or additional Fertility Kit materials, go to **www.ohsu.edu/ayafertility**.

Patient handouts for males

Male Fertility Preservation

Semen Collection & Delivery Information

Cancer and Fertility: For Patients

Sperm Banking (Cryopreservation) Consent Forms

Sperm Preservation (outpatient)

OHSU Adolescent and Young Adult Oncology Brochure

Additional items for inpatient males

Sperm Preservation if You Are in the Hospital

Reading material

Stop sign for privacy

Brown paper bags

Andrology lab sticker (place on brown paper bag)

Sterile cup

Patient handouts for females

Fertility Preservation for Women

Treatment Options to Preserve Fertility

Cancer and Fertility: For Patients

OHSU Adolescent and Young Adult Oncology Brochure

OHSU Healthcare System

Fertility preservation in patients with cancer

Effective: April 2, 2009

No: HC-CLN-GPC-P018

Policy: (clin 01.56)

All Oregon Health & Science University (OHSU) patients of childbearing ability who are diagnosed with cancer and may have their fertility compromised secondary to treatment will be notified of such risk, and standard fertility preservation options will be discussed as appropriate.

The purpose of this policy is to ensure a consistent approach to addressing fertility preservation across all OHSU settings, disciplines and patient populations. This document provides minimum standards for addressing infertility risk in cancer patients.

Procedure

For physicians diagnosing and treating cancer patients:

1. Females between 8 and 50 years of age and males >11 years of age will be assessed for childbearing ability and the desire to preserve fertility.
2. Before treatment begins, infertility risk will be discussed with patients of childbearing ability with the desire to preserve fertility.
3. Basic questions about whether fertility preservation options decrease the chance of successful cancer treatment, increase the risk of complications or compromise the health of offspring will be addressed as appropriate.
4. Appropriate standard fertility-sparing interventions will be discussed and referrals will be made to fertility specialists as indicated.
5. Parents are informed that they may make decisions related to fertility on behalf of a minor child as long as the minor assents, the intervention does not pose undue risk and has a reasonable chance to benefit the child.

A referral for psychosocial support will be provided as appropriate.

Definitions

- Cancer Treatment: any chemotherapy, biotherapy, surgery or radiation therapy with the potential to compromise fertility.
- Standard fertility preservation options: sperm cryopreservation, embryo cryopreservation, gonadal shielding, oophoropexy, or conservative surgical approaches. Investigational options are not addressed by this policy, but may be offered as deemed appropriate.

Bibliography

- American Society of Clinical Oncology Recommendations on Fertility Preservation in Cancer Patients. (2006). *Journal of Clinical Oncology* 24(18): 2917-31.
- Fertility Preservation and reproduction in cancer patients. (2005). The ethics committee of the American Society for Reproductive Medicine. *Fertility and Sterility* 83(6):1622-8.

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