



## Step-by-step guide to getting started



### Book an appointment

To book an appointment simply call **1300 222 623** or complete our Book an Appointment form on our website: [rainbowfertility.com.au](http://rainbowfertility.com.au)

NOTE: you will require a referral from your GP to one of our accredited specialists.



### Pathology collection and ultrasound scans

These tests are required as part of the routine screening process before treatment. You and your partner will need to have the blood tests and ultrasound scans completed. The results of which will be forwarded to your specialist.



### Counselling

It is mandatory for women who are considering using donated sperm to attend a counselling session with their partner. Counselling is mandatory as it provides the opportunity to discuss treatment on a more personal level. It allows couples to raise issues that are more private, such as individual concerns, relationship difficulties, or current life situations that may affect their experience of treatment.



### Final review

Before treatment can begin, the specialist and fertility nurses will do a final review of the counselling reports, blood tests and consent forms to ensure everything is ready.



### Initial consultation

You and your partner will be required to attend a consultation with your chosen specialist. During this appointment, the medical procedures will be explained to you and all relevant medical details checked.



### Determine a treatment plan

After reviewing your pathology tests and scans, your specialist will devise a tailored treatment plan to suit your individual circumstances. At this appointment you will also need to determine the type of sperm donor you wish to use.



#### Known donor

If you choose to use a known donor, he will need to undergo routine medical assessments, counselling and consent forms, and the sperm will need to be quarantined for up to 3 months before it is released for use.

#### Clinic-recruited Donor (unknown)

If you choose to use a clinic-recruited donor (unknown), you will proceed to the counselling stage.

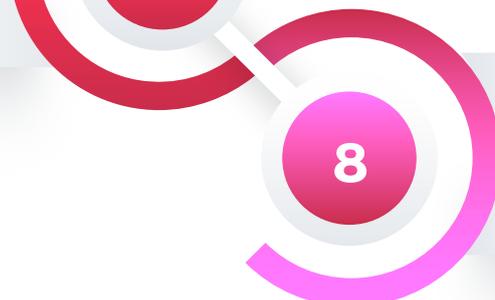
### Patient education session

Before beginning your treatment, you will also be required to go through some treatment education. This may be self-directed or done at the clinic by fertility nurses. Information will be provided about your treatment cycle, medications and their side effects, and any day-to-day requirements. You and your partner will be given consent forms to fill in and sign. Consent forms are required to be returned before commencement of the treatment.



#### Clinic-recruited donor (unknown)

If you choose to use a clinic-recruited donor (unknown) this is the stage at which you will select your unknown donor.



### Begin treatment

Once the above steps are completed, you can begin treatment according to the personalised plan devised for you by your specialist.

