



Emotional and Ethical Implications Counselling

Patient Information



What is implications counselling?

You have been asked to attend an Implications Counselling appointment. This is something that HFEA* requires all licenced fertility clinics to provide to any patients having treatment using donated sperm, eggs or embryos, and also to those patients who are donating their sperm, eggs or embryos so others can try for a baby.

These appointments are provided to ensure that, before consenting to treatment, you are fully informed and understand the ethical and emotional implications of what it means to be trying for a baby using donated genetic material. Likewise, if you are a donor, you also need to be aware of the implications of what it means to be donating your genes so others can have a family.

The appointment will be a structured conversation, in confidence, with one of our specialist fertility therapists. A range of topics will be covered which are intended to help you focus on and explore a variety of issues which may directly or indirectly impact you, your relationship and your family - or anyone else who may be affected by your treatment or donation, either in the present or in the future.

Why do we invite you to attend?

The decision to use donor gametes can be emotionally challenging. Implications counselling enables you (and your partner if you have one) to discuss how you feel about this and to explore the associated issues in a way that you may not have previously experienced. In couples, fear about expressing your individual feelings can sometimes lead to an uneasy agreement to undergo treatment for which you are not prepared emotionally.



**Wendy Martin -
Treatment Support Therapist**



For those of you pursuing solo motherhood, it can be helpful to review what it means for you to be having a family this way.

Likewise, we ask all donors to attend one of these appointments to ensure you are fully aware of the implications for you and any partner or children you may have or intend to have in the future.

It's not only your wellbeing that we're here to support; it is also that of your potential child. As a donor-conceived child, your child will have various rights when he or she gets older, i.e. to find out who their donor is if they wish to know

Some of the topics that will covered

- Telling the child or not
- How to tell your child about how they were conceived, when the time is right
- How you may feel if your donor-conceived child wishes to find out about their donor when they turn 18
- Possible impact on you of your child wanting to meet their donor
- Your views and feelings about your child wanting to find out about any donor-related siblings – children born to other patients using the same donor as you
- Possible impact on you if your child decides to make contact with donor-conceived sibling (if these consents)
- The rights of your donor – what they can know about your child
- Your attitudes towards parenting a child conceived through donation
- Family support and who knows
- Genetic ancestry testing, social media and possible changes in the law

At any point patients can elect to proceed with an embryo transfer without biopsy. A cancellation fee is applicable but a refund will be generated for the remaining amount.

How many counselling sessions would I have?

We offer one Implications Counselling session, which lasts an hour.

Two sessions may be needed, if both egg-sharing and sperms donation are involved in your treatment, or if your situation is more complicated. This will be discussed with you at the time, if needed.



The charge for Implications Counselling is £50 per session.

In addition to the Implications Counselling appointment, you can see our counsellors as often as you need to. BCRM offers one complementary Patient Support session for all patients prior to starting treatment. Once treatment has started, NHS patients can have one complementary Patient Support session for every treatment cycle. Self-funding patients can have up to three complementary Patient Support sessions with every treatment cycle. These can be accessed individually or with your partner.

The charge for additional sessions of Patient Support is £50 per session.

Using a donor is a very special way to have a family and equally, donating your genetic material so others can have a baby is also an incredible gift, but there is a lot to consider, so please feel free to take advantage of the support that the clinic offers.

*** The HFEA or Human Fertilisation and Embryology Authority is the body that regulates all licenced fertility clinics in the UK.**



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