



Counselling

Although an exciting journey, Single Parenthood is a big decision that should not be made on your own. An independent counsellor will discuss all the implications of Single Parenthood, and help you resolve your concerns. Further counselling is available throughout your treatment as your thoughts and emotions may fluctuate, and you may benefit from extra support.

Legal implications

There are legal implications when you become a mother using donated sperm and/or donated eggs.

You will be the legal mother of the baby whether you use your own eggs or donated eggs. If you use donated sperm, your child at the age of 18 has the legal right to seek the identity of the biological father. However, if you are married or in a civil partnership, even if you no longer live with that person, the law will recognise that person as a legal parent. It is therefore vital you take legal advice from one of the many specialist fertility lawyers in the UK to guide you.

Many of our patients who have taken this step to Single Parenthood, as our testimonials show, are delighted to have created their family on their own. Donation and surrogacy are regulated in the UK by the Human Fertilisation and Embryo Authority (HFEA), and the Herts & Essex Fertility Centre is fully compliant and regulated by the HFEA.



Herts & Essex
Fertility Centre



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Single mothers

Herts & Essex
Fertility Centre



Single mothers

Single women account for over 2% of patients having fertility treatment in the UK. We are fully supportive of any single person who wishes to become a parent on their own. We have noticed that women are increasingly taking responsibility for their own fertility, and that they find the experience hugely rewarding.

You will come across the terms: "Single mother by choice" or "solo mum" for women who for personal reasons decide to "go it alone" and become a mother on their own using donated sperm. The reasons for this decision may be career or financial pressures that delayed starting a family, or finding oneself at the end of a relationship and realising that one may not find a new partner before fertility has declined. It is an immense and personal decision to become a single mum. We will offer you all the information you need to make an informed decision, and provide all the care and support you need on this tremendous journey.

Pregnancy with donated sperm

The commonest fertility treatment for a single mother is Intra-Uterine Insemination (IUI) or IVF with donated sperm. It is possible that you may also need donated eggs. Whatever your situation our full range of fertility treatments will be available to you.

Fertility assessment

The Herts & Essex Fertility Centre has developed an effective system to conduct a comprehensive assessment of your fertility with just two appointments to provide minimal disruption to your work schedule.

There is an initial appointment with a Fertility Nurse for some blood tests including AMH.

A second appointment will be arranged to discuss these blood results. At the same time you will have a 3D Ultrasound Scan of your uterus plus a Saline Infusion Sonogram (SIS) to check your uterine cavity. This is followed by a HyCoSy procedure to confirm that your fallopian tubes are open should you wish to undergo Donor Insemination treatment. A Fertility Specialist will perform the above tests where the results are immediately available and will be discussed with you at this appointment.

Insemination with donor sperm

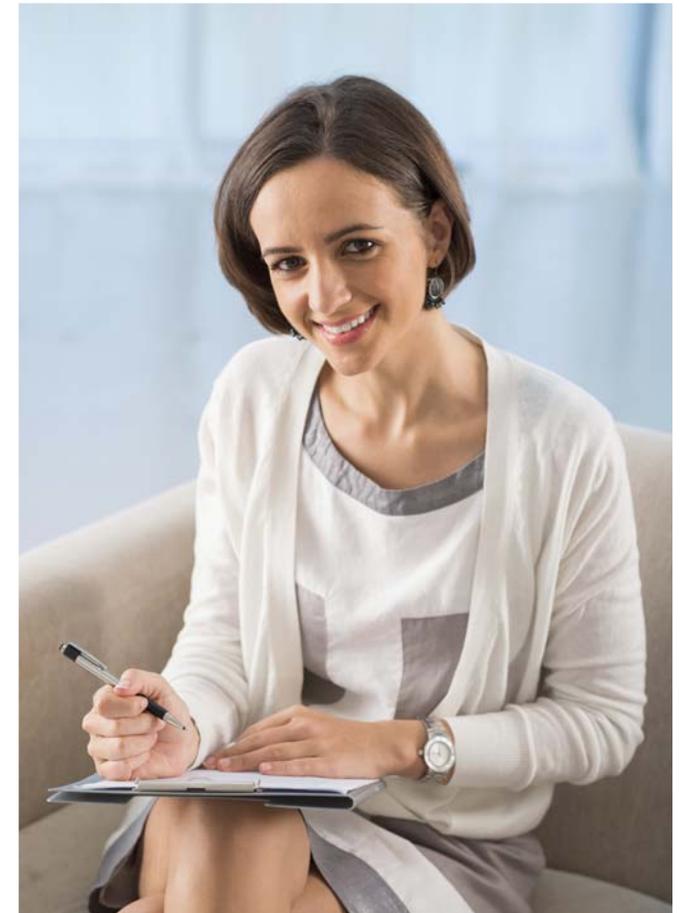
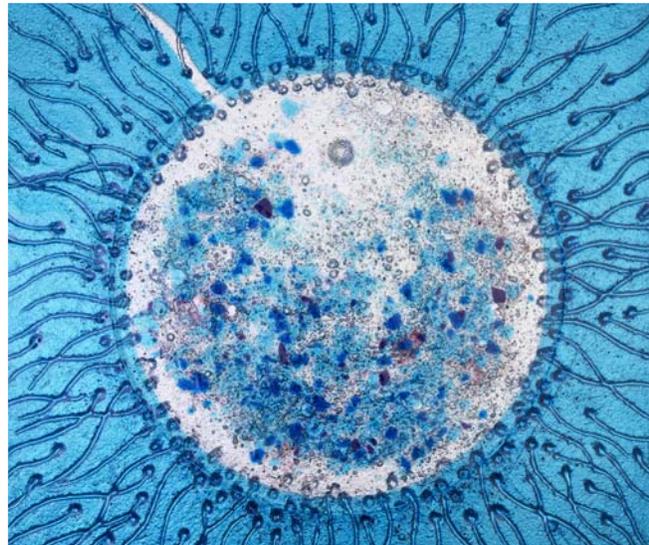
If your fertility is at a good level, we will treat you with donor sperm, either by IUI or IVF.

You should be able to select suitable donor sperm from our own sperm bank based at the Herts & Essex Fertility Centre. Following your initial consultation one of our Donor Sperm Coordinators will guide you through the next stages. You must complete a characteristics form detailing your physical characteristics and your desired/preferred characteristics of your sperm donor. You will then be offered a choice of available donors based on your selection criteria.

If you need ethnic minority sperm or have very specific requests which may not be met by our in-house Sperm Bank, we can offer you the option to purchase sperm from other UK sperm banks or even import sperm from abroad.

Our sperm donors undergo comprehensive screening and each donated sperm sample is frozen and quarantined for six months for HIV. The sperm is only released for patient use after satisfactory re-screening.

Information available to patients wishing to match themselves to the sperm donor are: hair and eye colour, height and physique, skin tone, blood group, race and religion, as well as educational and occupational background and general interests.



Treatment with donor eggs

If your initial fertility assessment shows that you have poor/reduced fertility you may require IVF treatment with donated eggs, as well as donated sperm.

As with Sperm Donation, our Egg Donation programme involves matching donor with recipient in terms of ethnicity. Matching is conducted in complete confidentiality, where donor and recipient remain unaware of each others identity.

Egg-share

If your egg quality is good, you may want to consider sharing half your eggs collected with another woman who desperately needs donated eggs. In donating half your eggs, you will receive one free cycle of IVF treatment.