

## Male Reproduction

As men with CF live longer and healthier lives, many more are becoming parents. Although men with CF can enjoy a normal sex life, most are unable to conceive naturally.

Approximately 98% of men with CF are infertile due to absence of the vas deferens. The vas deferens is the tube that carries sperm from the testes to the ejaculatory duct, meaning the sperm never make it into the semen, making it impossible for them to reach and fertilise an egg through intercourse. Even though the vas deferens is missing, most men with CF can still have biological children with assisted reproductive technologies (ART).

### Semen Analysis

Even though most men with CF are infertile, some do still have sperm present in their ejaculate. If your infertility has not been confirmed by medical tests, you need to use contraception to prevent the possibility of an unplanned pregnancy.

It can be helpful to have a semen analysis done. This measures the number of sperm, motility (ability to move), size, shape and volume of ejaculate sample. This information can help you to make good sexual and reproductive health decisions now and into the future.

### Assisted Reproductive Technologies

ART are used if couples are experiencing difficulties conceiving a child naturally.



Sperm extraction followed by in vitro fertilisation (IVF) is the technique which is used to assist men with CF, who are infertile, to conceive a child.

#### Sperm Extraction

Sperm extraction is a procedure performed under local anaesthetic to extract the sperm from either the testicles or the tubes connected to the testicles. Men with CF produce sperm in their testicles, but the missing vas deferens means that the sperm are unable to get out through the penis. Sperm extraction is carried out to enable creation of an embryo through IVF.

#### Intracytoplasmic Sperm Injection (ICSI)

This is an IVF procedure where a single extracted sperm is directly injected into the woman's egg, assisting with fertilisation and the development of an embryo.

## Further Information

Males with CF, and their partner, can be referred to a fertility clinic by their GP to get more information about their reproductive options. As part of planning pregnancy, it may be important to know the chances of having a child with CF. Genetic testing for your partner can be discussed with your CF team who can arrange for a referral to a genetic counsellor.

## Useful Resources

- [Genetic Carrier Screening](#) (CFWA)
- [Assisted Reproductive Treatment](#) (Varta)
- [Reproductive Technology Council](#)
- [Fertility and Parenting](#) (CF Strong)