

LGBTQ+ Family Building Genetically related children



Options for LGBTQ+ prospecting parents

LGBTQ+ Family Building

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Assisted reproductive technology (ART) has increased the accessibility of LGBTQ+ parenting as they are one of the fastest growing populations utilizing these services.

This brochure is a quick overview of LGBTQ+ fertility care. Make sure to talk to your health care provider to understand the best options for you!

29% of LGBTQ+ population in the United States reported having children

(The Williams Institute, UCLA School of Law)

Options for People who can be pregnant/ Lesbian/ Bi-sexual/ cis women

Cis-Women and people with a uterus have the option to carry their child. They could use a donor sperm through *In Vitro fertilization (IVF)* or *Intrauterine insemination (IUI)* to conceive a child.

Intrauterine insemination (IUI) is a process where sperm is placed directly in the uterus during optimal reproductive tract in hopes to fertilize an egg. Donor sperm can be used for the process and is a less expensive alternative to IVF.

In Vitro fertilization (IVF) consists of a series of procedures that aids the conception of a child. This consists of ovulation induction, egg retrieval, fertilization of eggs, and embryo transfer. This would require one partner's egg and uterus to carry and donor sperm.

Reciprocal IVF for same-sex couples gives the option for both partners to be involved in pregnancy.

Check Out These Resources:

[Mayo Clinic](#)

[Gay Parents To Be](#)

Options for People who can produce sperm/ Gay/ Bi-sexual/ Cis men

Cis-gendered/ bisexual men/ people with sperm option for a genetically-related child is gestational surrogacy. One partner or both will be able to supply sperm which will fertilize the donor egg making embryos. Gestational surrogacy will require the surrogate to go through the IVF process to implant that embryo and conceive.

There are many different surrogacy routes that one can take depending on the agency that one wants to work with. However, keeping in mind that in the U.S., some states do not recognize surrogacy contracts. Therefore, understanding that LGBTQ+ parents might have to go through additional legal processes to ensure the protection of their children.

Pre-birth order, full adoption, stepparent adoption, or second-parent adoption processes may be considered. [Creative Family Connections](#) provides a map of states best suited for surrogacy for same-sex couples.



Options for Transgender and Non-Binary Individuals

When it comes to transgender and non-binary folks having genetically related children would depend on their body autonomy, if they have hormone therapy, and/ or gender-affirming surgery. Current gender-affirming hormone therapy lowers the chance of fertility outcomes. Therefore, understanding the options for fertility preservation individually is essential. Options for children may include surrogacy and IVF/IUI treatments.

Trans Fertility Co. (<https://transfertility.co/>) is an organization that provides resources, personal stories, and more for trans and non-binary individuals and health providers about fertility experiences. Their resources are made by trans community members to make fertility easily accessible.

Other Helpful Resources:

- [Family Equality](#)
- [FAQ About Transgender Parenting](#)



Financial Resources

Health insurance is necessary to mitigate the financial burdens of ART, However, not every insurance covers procedures like IVF.

Grants are available for eligible families. Check out these resources. [LGBTQ+ Family Building Grants](#) [Family Equality](#) [Fertility IQ](#)

Other Resources:

- [Queer Conception: The complete fertility guide for queer and trans parents to be](#) By Kristin Liam Kali
- [Fertility IQ: LGBTQ Resources](#)

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