



Semen Analysis – Test Instructions

What is a Semen Analysis and Why do I Need One?

It is very important when assessing a couple's fertility that the Doctor evaluates both partners. This enables them to diagnose the factors that might be contributing to the delay in conception and determine the sort of treatment that offers the best chance of success.

In assessing your fertility, your Doctor will ask for your medical history. He or she may conduct a physical examination and send you for some blood tests, but the main form of investigation is in the Laboratory, by way of a semen analysis. This involves the assessment of a man's ejaculated semen sample by specially trained staff to determine: Sperm Count - the number of sperm present in the sample; Motility - The percentage of the sperm in the sample that are swimming; Morphology - the shape of the sperm; as well as volume, pH and MAR - the presence of anti-sperm antibodies on the sperm. Further information on any additional tests requested is available from Clinic staff.

Booking an Appointment

Semen Analysis, Trial Preparation, Halosperm (DNA Fragmentation test), MAR testing (Anti-sperm Antibody test) and Sperm Cryopreservation are carried out in the specialised Laboratory at Fertility North on selected weekdays, by appointment only.

This allows the Laboratory to have a Scientist exclusively allocated to carry out the testing on your sample as soon as it has been delivered, therefore avoiding any inaccuracies that delays in analysis might cause.

To book, please call the Laboratory on (08) 93011075. Information on costs can be obtained from Fertility North Reception.

Abstinence

One of the greatest misconceptions in society is that the longer you "save up your sperm", the more sperm you have and the better they will be. Instead, what happens is an accumulation of dead and dying sperm, which in turn have a negative impact on the quality and integrity of the live sperm that remain.

Fertility North recommends maintaining an interval of no more than 2-5 days between ejaculations to optimise sperm quality. Prior to a sperm test there needs to be between 1-2 ejaculations, 2-5 days apart to optimise the sperm quality available for the test. Failure to adhere to these requirements may necessitate a repeat test.

How is the Sample Obtained?

Samples are to be **produced by masturbation only, unless otherwise arranged with laboratory staff**, as lubricants, saliva, coitus interruptus and normal condoms can kill sperm.

In some circumstances, sperm can be present in the urine. If your Doctor requests this kind of analysis, the Laboratory will provide you with instructions for the collection of a urine sample specifically for the assessment of sperm in the urine.

If you think you might have problems producing, please do not worry, just contact the Laboratory on (08) 9301 1075 to discuss alternatives.

Where Can I do the Sample?

So that we can ensure that samples reach the Laboratory in optimum condition, patients are asked to attend the clinic and produce a sample for analysis in a private, designated room adjacent to the Laboratory.

We understand that this may not suit everyone, so by arrangement, you can produce your sample at home and



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bring it into the Clinic. Please note that your sample must be delivered to the Laboratory within 1 hour of production.

Your partner can deliver the sample on your behalf. If this is the case, she will be required to sign a form and she must bring with her the **Semen Collection Details** form as well as the **Doctor's Request Form**.

What Else do I Need to Know?

Please DO NOT take your sample to any other pathology provider. They may not be able to complete all of the tests requested. Please deliver your sample to Fertility North in Suite 30, Level 2, Joondalup Private Hospital, 60 Shenton Avenue Joondalup WA 6027.

Minimum 24 hours' notice of cancellation is required. Failure to cancel or attend your appointment will incur a missed appointment fee of \$55 which cannot be claimed from Medicare. Please note your appointment must be cancelled in person with Laboratory staff only.

More information can be found at: <http://www.fertilitynorth.com.au/pages/semens.html> or on our Improving Sperm Quality Patient Information sheet.

For further information or support on any of the above, please do not hesitate to contact staff at Fertility North.