



## ANDROLOGY DEPARTMENT

### Patient Information Leaflet Semen Analysis

Please read this leaflet **at least 7 days** before your sample delivery appointment.

### Online Appointment Booking

[drdoctor-nnuh.formstack.com/forms/andrologyservice](http://drdoctor-nnuh.formstack.com/forms/andrologyservice)



SCAN HERE

### Appointments are Available:

**At NNUH:** Monday - Friday  
between 08:30 - 14:00

**At QEHL:** Monday - Thursday  
between 08:30 - 14:00

\*We recommend you produce your sample on-site in our private production room facility to ensure your sample is tested within the required time frame\*

## How do I get my results?

Your results will be sent electronically to your GP/ requesting clinician within a week. **Note: Please DO NOT call the laboratory for results as we cannot give results directly to patients.** Your clinician should explain the results to you and if applicable; the reasons why you have been asked to repeat the test.

## What if I need to repeat the test?

If any of your results for sperm motility, concentration or morphology fall below the reference values set by the WHO you will be asked to repeat the test, in most cases **after 3 months** in order to confirm the findings are genuine, as a number of things can affect your results. **Note:** Please ensure your GP/requesting clinician has given you a **new request form for the repeat test** as you will need this prior to booking another appointment.

## Quality of Results

All tests are performed in accordance with the World Health Organisation (WHO) guidelines and our governing body the Association of Biomedical Andrologists (ABA). The laboratory participates in the UK National External Quality Assessment Scheme for Reproductive Science (UKNEQAS RS) which allows comparison of performance with other laboratories in order to provide you with confidence in our service.

## Feedback

The department is committed to providing a high quality service, if you have any suggestions about how we can improve, compliments or complaints please fill out a 'Help us to Help you' leaflet (available at the laboratory) or contact your hospital Patient Advice Liaison Service (PALS).

**If you have any further questions please do not hesitate to call us on 01603 646524.**

## For Post-Vasectomy Investigations only

Your appointment must be at least **12 weeks** and **20 ejaculations** after your vasectomy operation. **You will need to contact your GP for the results of your first test as they will determine the need for you to book a second appointment.** You will need to obtain a second request form from your GP if you do need a second appointment.

**You will be asked to repeat your test if you have not adhered to the 2-7 days abstinence period.**

Your sample will be rejected if you use a container other than that provided by the laboratory **and** if you have lost any sample during collection or if any has leaked in transit.

**\*Your sample must be complete\***

**Results will be invalid if any fraction of your sample is missing at the time of analysis.**

**Do not stop using contraception** until the GP has told you to do so.

## Is this leaflet hard to see or read?

For large print versions of this leaflet please call the laboratory and we can arrange this for you. The hospital can arrange for an interpreter or a person to sign to assist you in communicating effectively with staff during your visit - Please let us know.



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## Why is it important to follow these instructions?

Please follow the instructions carefully as failure to comply with the sample collection guidance could seriously affect your semen analysis results.

**Period of sexual abstinence:** will affect the quality of your sample if it is too long or too short. **Time of sample collection:** the quality of your sample will decrease after 60 minutes of collection. **Condoms/sheath:** most are designed to kill sperm. Do not use them for sample collection. Non-spermicidal condoms may only be used in exceptional circumstances after your GP has discussed these with the laboratory prior to appointment booking. **Sample containers:** other than those we provide may be toxic to sperm. **Complete specimen:** the first part of your sample contains the most sperm so it is important the whole sample is collected. Please indicate on the questionnaire if any part of your sample has been spilt. **Sample temperature:** sperm cells get cold and overheat when exposed to extreme temperatures which may cause sperm death.

## Before collecting your sample

**Abstinence period:** Do not have intercourse or ejaculate for 48 hours prior to sample collection, however it is important to have had intercourse/ejaculation at least once during the 5 days prior to the 48 hour abstinence period. **Checklist** - Please ensure you have received the following if you are producing your sample at home:

- Sealed specimen container
- Pre - analysis questionnaire
- Yellow specimen transport bag

Please contact us if you have not received your pack.

### **\*\*IMPORTANT\*\***

We recommend that you produce your sample in our onsite facility that is close to the laboratory for sample quality purposes.

#### **SAMPLES PRODUCED AT HOME:**

ALL SAMPLES MUST BE DELIVERED TO THE LABORATORY IDEALLY 30 MINUTES POST PRODUCTION SO ANALYSIS CAN START WITHIN 60 MINUTES.

If you are unable to deliver your sample within the required time frame: please make an appointment to produce your sample onsite.

## How to Collect Your Sample

- First wash your hands and genitals with soap and water, ensure complete removal of all soap residues and dry thoroughly.
- If you are at home: Please write your name, date of birth, hospital/ NHS number on the container label using a pen and not a pre-labelled sticker.
- Do not open the container until you are ready to produce the sample.
- Obtain the sample by **masturbation only** and collect the entire sample in the container provided.
- Seal the container immediately and ensure the lid is tightly closed to avoid your sample leaking in transit.
- Place the container in the yellow specimen transport bag and remove the blue tape to seal the bag. Note: there is a separate pocket to place your paper work into.
- Now please **complete and sign the pre-analysis questionnaire** and ensure it is filled in accurately. Failure to do so could mean we are unable to accept your sample for testing.

## Sample Delivery (Samples produced at home)

Keep the specimen warm during transport to the laboratory in a trouser/coat pocket close to the body. **Checklist** - Please ensure you bring the following to your appointment:

- Request form from your clinician
- Pre - analysis questionnaire completed & signed
- Correctly labelled specimen

On arrival at the Pathology department you will need to inform a member of staff that you are here for an Andrology appointment. If you are at **QEHL** please use the telephone on the wall and dial **3797** to call through to the lab. A staff member will need to check your sample is labelled and paperwork meet the requirements before we can accept your sample for testing - this should only take a few minutes.

## Producing your Sample Onsite

After arriving at pathology a staff member will escort you to your private room. You will be provided with a sample container that is pre-labelled with your ID and a pre-analysis questionnaire. You will be informed of where to leave your sample and questionnaire so that you can immediately leave afterwards.

## What if I need to change my appointment?

If you are unable to attend your appointment, please contact the laboratory on **01603 646524** to cancel your appointment. We will try and offer you a new appointment as soon as possible, however there may be a waiting list for appointments.

