

PLEASE READ CAREFULLY

For an accurate assessment of seminal analysis:

2x Samples are required for examination

- ❖ It is OK to feel a bit uncomfortable about collecting a semen sample for sperm analysis.
- ❖ The majority of men describe the experience as awkward and embarrassing. Please remember that our staff have been scientifically trained and have experience in dealing with these cases.

How to prepare for the test?

- ❖ As part of the fertility work-up, you will make an appointment to either produce the sample in our laboratory's collection room, or you can produce/collect the semen sample at home and drop off the container at the laboratory.
- ❖ It is important to remember that the timing of the sample collection and delivery to the laboratory is critical to ensure the most accurate results. **The specimen must reach the laboratory within two (2) hours of collection**, so plan your test and delivery of sample to the laboratory accordingly.
- ❖ You must refrain from any sexual activity for at least two (2) days, but not more than seven (7) days before you collect the sample. This means no sex or ejaculation of any kind, including masturbation and nocturnal emission (wet dream). Longer or shorter periods of abstinence may result in lower sperm counts or decreased motility.
- ❖ If additional samples are required, the number of days that you abstain should be as constant as possible for each subsequent visit.

Collecting the sample

1. The preferred method for sample collection is via masturbation.
2. DO NOT use condoms, lubricants, talcum powder, saliva or any product that may contain spermicidal agents, as these materials will interfere with the test results.
3. We recommend you ejaculate directly into the provided jar.



BEFORE COLLECTING THE SEMEN SAMPLE:

4. Shower and wash your hands with soap and water.
5. Ejaculate directly into the sample jar. Try to capture the ejaculate including the first part; do not attempt to collect any spilled sperm.
6. Cap the container as soon as you have finished. Make sure that your Full Name, Date of Birth and Time of Collection is clearly labelled or printed on the specimen jar.

Transporting the sample

- 7. If you collect the sample in a location other than the laboratory, you need to transport it to the laboratory within one (1) hour and no later than two (2) hours after ejaculation, as sperm will not survive for long and rapidly die outside the body and at different temperatures. Delays in delivering semen samples and exposure to temperatures outside the human body will result in lower overall motility assessment and sperm counts.
- 8. The semen sample should be kept as close to the body temperature as possible. The sperm motility assessment in particular will be inaccurately low if the sample gets cold or is exposed to higher outside temperatures. The best way to transport sample to the laboratory is by keeping the sample next to your body during transport.

Details to be filled by patient for Semen Analysis

Collection Date:

Collection Time:

Difficulty in collection:	<input type="checkbox"/> Yes
	<input type="checkbox"/> No
Fully complete sample:	<input type="checkbox"/> Yes
	<input type="checkbox"/> No

Abstinence (in days):

Medication:

Treatment:

SURNAME:

GIVEN NAME:

DATE OF BIRTH:

PLEASE TELEPHONE OUR LABORATORY ON:

1300 265 000

IF YOU NEED ADDITIONAL ADVICE REGARDING THE COLLECTION OF THE SPECIMEN.