

## What if I have a poor result?

Discovering you have a sperm problem can come as a shock. We have an independent counsellor available if you would like to discuss your feelings and anxiety relating to this diagnosis.

Appointments can be booked through the Fertility Clinic on 0115 970 9238. However you should always bear in mind that advances in fertility treatments mean that you may still be able to conceive.

## Research and waste

The portion of sample that is left after testing is normally disposed by incineration. However it can be used by ourselves or a third party for research or training and then disposed in the normal way.

We can send waste semen to a biotechnology company for isolating prostate specific antigen (PSA). This protein is only found in semen and can be used to create test kits for diagnosing prostate cancer. In this case the sperm cells are inactivated prior to this.

If you have any objections to your waste semen being used for this purpose then please tell laboratory staff and / or indicate this on your request card.

## Queries

Please feel free to contact the NUH Life on 0115 970 9417 if you require any further information about this test.

## Your assurance of quality

The Fertility Unit at Queen's Medical Centre has provided a dedicated fertility service for over 30 years. Our laboratory runs a comprehensive quality control program and is enrolled in the UK National External Quality Assurance Scheme (UKNEQAS).

### Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone:** 0800 183 0204  
**From a mobile or abroad:**  
0115 924 9924 ext 85412 or 82301  
**E-mail:** [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)  
**Letter:** NUH NHS Trust, c/o PALS,  
Freepost NEA 14614,  
Nottingham NG7 1BR

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)

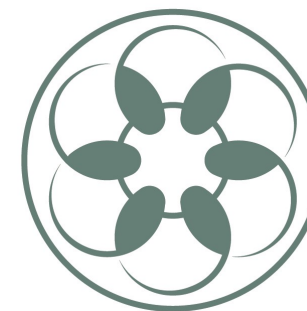
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Tracey Kohut, NUH Life © January 2022. All rights reserved. Nottingham University Hospitals NHS Trust.  
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# Diagnostic Semen Analysis

Information for patients

**NUH Life**



This document can be provided in different languages and formats. For more information please contact:

**NUH LIFE**

A Floor, West Block  
Queen's Medical Centre  
Derby Road  
Nottingham NG7 2UH  
Tel: 0115 970 9417

## Semen analysis - what is it?

Semen analysis is the microscopic examination of semen to see how many sperm cells are present and whether they function correctly.

## What do I have to do now?

1. Ensure that your referring doctor has provided you with a completed request card, sterile container and a specimen bag.
2. Book a time and date for your semen analysis. Please call NUH Life directly on 0115 9709417. We are unable to accept any samples without an appointment.

### Appointments are available:

Monday - Friday, 8am - 3pm.

Please expect there to be a 10 - 14 day wait for the next available appointment.

You may produce your sample at home if you can deliver it to the hospital within **one** hour and drop it in for your appointment time.

We have a specimen production room available if you wish to produce your sample on site. Please let us know at the time of booking if you require this facility.

In order to obtain an optimum sample you are required to abstain from any sexual activity (masturbation or intercourse) for two to three days but no longer than seven days prior to your appointment date.

## How do I collect the sample?

1. Ensure that your full name and date of birth are written on your container and ensure that the sterile seal is intact.
2. Be hygienic - wash your hands and genitals.
3. Produce your sample by masturbation into the sterile container. Please ensure that you attempt to collect all the semen produced.
4. Once the sample has been collected please ensure that the lid is screwed tightly on and place the container into the sealable bag.
5. Ensure that you bring the fully completed request form with you to the hospital as we are unable to accept your sample without this.
6. If delivering the sample from home please aim to arrive at the hospital within one hour. Please attend as close to your appointment time as possible. We regret that if you are more than 30 minutes late we may not be able to perform your test. You should therefore give yourself ample time to arrive, especially if travelling by car as parking can often be difficult.
7. Keep the sample close to the body i.e. in your pocket whilst travelling to the hospital as sperm are sensitive to extremes of temperature.

## Where do I deliver the sample to?

The result of your test is dependant on us receiving your sample within one hour so you must deliver it directly to NUH Life, A Floor West Block, Queen's Medical Centre, Nottingham.

## How is my sample tested?

We examine a number of important factors that all contribute towards a man's ability to conceive but the most important is the total number of fast swimming sperm in your sample. The sperm concentration and swimming ability are assessed using a Computer Assisted Sperm Analyser. We also closely examine the size and shape of the sperm.

You may be referred by your Fertility Consultant for a Sperm Preparation (Test Wash) in order to help decide which fertility treatment is best for you and your partner. In this case you will be given a green request form and please inform us that it is 'Test Wash' you require when you call to book your appointment.

## How do I get my results?

Your results will be sent back to your referring doctor (GP or Fertility Clinic) approximately 10 - 14 days after your test. For reasons of confidentiality we do not normally give results out over the telephone.

## Repeat tests

If one or more of the sperm parameters are below the 'normal' range your doctor may provide you with a further request form and pot for a repeat test.

Abnormalities with the sample can occur for a number of reasons e.g. previous illness, stress or medication. Confirmation of a 'real' sperm problem usually requires a second test.