

# Semen Analysis

Information for patients



Leeds Centre for  
Reproductive Medicine

This booklet explains the process of standard semen analysis and the special arrangements needed if sperm needs to be frozen. Sperm freezing is only required under special circumstances and your Doctor, Nurse Practitioner or Embryologist will have made it clear if this is the case for you.

**How to contact us:**

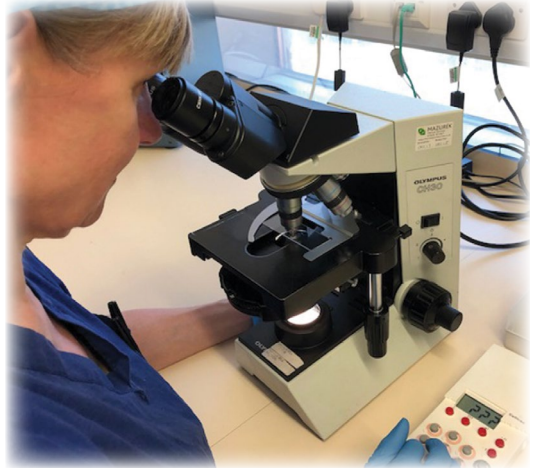
Please see page 07 for contact details.

## Purpose of a semen analysis

You have been asked to produce a semen sample for analysis as part of a number of tests carried out for you to assess your fertility and to help to decide upon a treatment plan.

Semen analysis involves a microscopic examination of the semen to see how many sperm are present, how many are moving (alive) and whether they look 'normal.'

The sample is also processed to assess how well the sperm would prepare for treatment.



## Instructions before semen sample production

In order to obtain a reliable sample we require you to abstain from sexual activity for 3-5 days.

**This means you should have ejaculated (via masturbation or intercourse) 3-5 days (no longer) BEFORE your semen analysis appointment and not since.**

**If your abstinence is incorrect you may have to rebook.**

## What to expect on the day

Semen analysis is done on site at Seacroft in two different places. The Andrology department is on the ground floor (signposted on the main long corridor). CARE Fertility is on the first floor at the back of the hospital (purple signs). Please check which location your appointment is for.

**If you have any problems on the day please call andrology reception on 0113 206 7110 in good time.**

You will then be taken to a private room (with a toilet) to produce your sample by masturbation into the sterile pot which will be provided. The use of any lubricants or condoms should be avoided as they can be toxic to human sperm. Sterile lubricant and non-toxic condoms can be provided upon request. If you have any concerns or queries, please do ask.

Once you have produced your sample and handed it to a member of the andrology team you will be free to go. If there are any problems with sample production this can be discussed with the staff who will discuss alternatives.

The results will be passed on to your referring doctor and will be available for discussion at your next follow up appointment.

Please be aware that repeat analyses are often requested in order to confirm findings or if your samples have been variable. This should not worry you.

## Sperm Freezing procedure

If you have been advised to book a semen analysis especially for the purpose of freezing sperm, some preparation is needed.

You must have screening blood tests taken and the results must be available to the lab before your appointment to produce your sample.



You will be given instructions to have blood taken either immediately in the clinic or a request will be made electronically. This will be retrieved by the blood room staff when you attend for your sample. The blood rooms at LTHT are open 08.00- 17.00 on weekdays and you do not need an appointment. The tests are:

- Hepatitis B (surface Antigen and core Antibody)
- Hepatitis C Antibody
- HIV Antibody
- Syphilis Antibody

## Making your appointment

**When your blood sample has been taken, contact us via email: [leedsth-tr.leedsrmenquiries@nhs.net](mailto:leedsth-tr.leedsrmenquiries@nhs.net) to let us know that the appointment to produce your sample can be arranged.**

Sometimes more than one fresh sample is needed to create a good stored sample. The andrology team will call you the same day or the next working day if this is going to be necessary.

## Contact us

### Andrology reception

Please call the Andrology reception if you are running late for an appointment. You may need to be rescheduled.

- **0113 206 7110**

### By telephone

*Monday - Friday 08.00-17.00*

- **For all NHS appointments: 0113 206 3264**

### By Email

- **[leedsth-tr.leedsrmenquiries@nhs.net](mailto:leedsth-tr.leedsrmenquiries@nhs.net)**



## What did you think of your care?

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