

# SPECIMEN COLLECTION FOR SEMEN ANALYSIS

## SEMEN ANALYSIS

A semen analysis is one of the simplest tests we perform. This test tells us how many spermatozoa are in the ejaculate and the vigor with which they move. Because the numbers of normal sperm can vary greatly from one ejaculate to the next, more than one semen analysis may be requested. The normal values for men, according to the World Health Organization are on the last page.

It takes about three months for a mature sperm cell to form. Any extreme condition during that time may have an affect on the development of the sperm cells. You should tell your health care provider of any unusual activities or conditions during the last three-month period (flu or any other illness or injury, drinking binges, etc.) Certain drugs may also affect the sperm (some beta-blockers), so please let us know if you have been taking any medicines during this time period.

## GENERAL INFORMATION

Your semen specimen will provide the sperm necessary for performing a Semen Analysis. Before submitting, keep the following in mind:

- **The total number of days since last ejaculation should be no longer than 4-5 days.** Sperm cells are made and replaced rapidly after an ejaculation. Prolonged abstinence (greater than 4 days) may increase the numbers of dead or poorly motile sperm cells.

## YOUR APPOINTMENT

- You must schedule an appointment with the Andrology Laboratory to submit a specimen for analysis.
- Inform the receptionist of your arrival.
- The lab will provide instructions, the collection container and a private area for collection.
- The sample should be collected by masturbation, without using a lubricant.
- Collect the entire ejaculate into the sterile container. The greatest numbers of sperm cells are found in the first part of the ejaculate, and extreme care should be taken not to lose this portion.
- You will be asked whether any portion of the specimen was lost or spilled during collection.

## OFF SITE COLLECTION

Only under special circumstances will you be allowed to collect a specimen at home.

- It is most important that the specimen be protected during transport to the clinic. It is best if the sample can be kept at body temperature (place under the arm or in a coat pocket). Hot or cold temperatures must be avoided or the sperm cells will die.
- The specimen must arrive in the Lab no later than 30 minutes after collection. You will be asked what time the specimen was collected.
- The container into which the specimen is collected must be sterile. **Only containers approved and distributed by the Andrology Laboratory can be used for specimen collection!** Specimens returned to the Lab in any other specimen container will be rejected, and no test done.

- Specimens must be labeled with patient’s name, hospital number, date and time collected. Place the container in the “BIOHAZARD” bag. Follow the directions printed on the bag. You then should place the Biohazard Bag and specimen container in another beg for transport to the hospital.
- **Unlabeled specimens or those not meeting the above criteria will not be accepted!**

## QUESTIONS

Please feel free to ask the lab technician any questions or call the Andrology Laboratory at (570) 271-5620.

### Semen Analysis – Normal Values

Volume	2.0 ml or more
Count, millions/ml	20 million/ml or more
Total count, millions	40 million per ejaculate or more
Percent Motile	50% or more
Motility Rate	3+
Dead Percent	25% or less
Abnormal Percent	70% or less

## PATIENT EDUCATION

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