

## Diagnostic Semen Analysis at Newcastle Fertility Centre

**Diagnostic Semen Analysis** is a routine part of a fertility investigation. To determine the quality of the semen, a number of factors are examined, including the sperm concentration (the number of sperm), motility (how well the sperm are moving) and morphology (the shape of the sperm). A number of factors can influence sperm production so you may be asked to repeat the test. This is a common occurrence and is often requested to confirm the results of your initial sample.

### Common factors that can influence the semen analysis results are:

- Being unwell (within last 3 months) with for example a respiratory or urinary tract infection, or with certain chronic health problems.
- Some medications, including both certain prescribed medicines and those that you might take yourself, including gym supplements and recreational drugs.
- Missing the pot with some of the sample (first part of sample is the most sperm rich)
- Incorrect abstinence (days since last ejaculation, this should be between 2-7days).

### Where do I produce my sample?

Upon attendance at your appointment, you will be asked to produce your sample in one of the production rooms at the Fertility Centre. This ensures there is minimum delay between production and analysis of your sample.

### What should I do to prepare for my appointment?

You should abstain from sexual intercourse or masturbation for at least **48 hours, but no longer than 7 days**. Having an abstinence period of longer than 7 days can have a detrimental effect on your sperm.

### What should I expect when I attend my appointment?

Please report to Reception upon your arrival. PLEASE COME AT YOUR SPECIFIED TIME TO ALLOW SOCIAL DISTANCING, IF YOU ATTEND MORE THAN **10 MINUTES** LATE YOUR APPOINTMENT WILL BE CANCELLED because there will be insufficient time for the laboratory to process your sample. A member of the Andrology team will call your name and take you to the production room. They will explain the process to you and give you the opportunity to ask any questions.

### When producing your sample:

- Wash your hands and penis thoroughly with antibacterial soap and wipe dry before you produce the sample. Contamination of the semen during production must be avoided.

- The container must be labelled with your **full name** and **date of birth**.
- Collect your sample directly into the container via masturbation. It is important that you collect the entire ejaculate as the initial part is the most sperm rich and if some of the sample misses the container, it may make your sperm count appear lower than it actually is.
- The use of lubricants or condoms is not permitted as these contain substances that are detrimental to sperm quality.

### **Can I bring my sample from home?**

Semen analysis is more accurate when performed under controlled laboratory conditions from a freshly produced sample which is the routine protocol at the Centre. Should you be unable to produce a sample on-site, we can arrange an appointment time for you to produce a sample at home and bring it to the Centre. The sample would need to reach us within **60 minutes** of production and be as close to your appointment time as possible. This can be requested from the Andrology team if necessary.

### **When I have sex no semen is produced.**

Some men find it difficult to reach orgasm or if they do, find that little or no fluid is produced. This can be due to certain medicines, to nerve problems or sometimes to psychological issues. If you are unable to produce semen then please discuss this with your GP as you may require more specialised tests.

### **I am finding the situation difficult**

Fertility concerns and tests can be very stressful and if you are finding the situation very stressful, please discuss this with your GP.

### **I have a disability.**

Please let us know if you have a disability and we will endeavour to provide the best care possible and accommodate your needs.

### **Where is the Fertility Centre located?**

We are located a few minutes' walk from Newcastle Central Station and Metro Station and the Times Square car park on Railway Street. The department is on the 3rd floor of the **Biomedicine West Wing** of the **Centre for Life**.

### **How do I contact the Fertility Centre?**

**Address:** Biomedicine West Wing, Centre for Life,  
Times Square, Newcastle upon Tyne, NE1 4EP

**Telephone:** 0191 2138213

**Email:** [nuth.nfcl.enquiries@nhs.net](mailto:nuth.nfcl.enquiries@nhs.net)

**Website:** [www.newcastle-hospitals.org.uk](http://www.newcastle-hospitals.org.uk)

