Semen analysis

Information about the laboratory analysis

What is semen analysis?

Semen analysis is one of the tests performed to determine the cause of your inability to conceive a child. Semen analysis tests the quality of your sperm cells.

Purpose of the test

Your semen is tested in the laboratory to determine whether it contains sufficient healthy sperm cells.
The test determines:

- how many sperm cells the semen contains;
- how agile the sperm cells are;
- the volume of the semen sample.

If these attributes are in line with the standards, the analysis is complete. If not, more extensive testing will be carried out.

How does it work?

1. **Pick up a collection pot**
   You can pick up a collection pot to collect the ejaculate in at the Gynaecology Outpatient Clinic (route 001) or the Biometrics Department (route 014) in Veldhoven.

2. **Sperm production**
   - It is important that you have not had an ejaculation in two until maximum three days. A longer or shorter abstinence period may have adverse consequences for the results.
   - The best way to obtain the semen is through masturbation. Other methods are not suitable for this analysis. You may not use a condom.
   - The semen must be collected directly in the cup. Do not clean the cup beforehand.
   - All ejaculated semen must be collected. If any is lost, the analysis is meaningless. In that case, the sample does not need to be submitted.
   - After collecting the sample, the collection pot must be kept at room temperature.
   - Apply the sticker to the pot, complete with your name and date of birth.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner

On the accompanying application form, please fill in:

- the date and time of production;
- how many days you have abstained;
- whether you have had a fever in the last three months;
- whether you have collected all of the ejaculate;
- whether the semen has been produced and collected in accordance with this instruction brochure.

Please check that your details and your partner's details are on the form. If not, please add them.

Submitting your sample

- It is important that you submit the sample to the laboratory as soon as possible, **no later than one hour after production.** We recommend wrapping the collection pot in aluminium foil and transporting it on your body, under your clothing (e.g. in a coat or trouser pocket). This keeps the temperature of the sample stable.
- The sample can only be submitted at the Veldhoven location, from Monday to Friday, only after making an appointment. You can make this appointment yourself at https://www.mmc.nl/onderzoeken/bloed-prikken - choose: 'Semen inleveren'.
  The laboratory is on the third floor. Follow route 355. At the laboratory, press the bell labelled 'materiaal inleveren' (submit sample). The collection pot must be submitted together with the completed form.

Production in the hospital

If the travel time from your house to the hospital is longer than forty-five minutes, we recommend producing the sample at the hospital. You can reserve a room for this at the Veldhoven location by calling 040 888 9558.

Repeat analysis

Semen analysis is a snapshot. Sperm quality is not constant. Fever, illness or medication can affect the results. If the quality of the sperm is not optimal, it may be necessary to repeat the analysis.

Results

The results of the semen analysis will be disclosed during your meeting with the fertility doctor or gynaecologist. The results of other tests will also be available then. You can also access your results through your patient portal, MijnMMC.

Questions?

If you have any questions, please contact the outpatient Fertility clinic: 040 888 9558.