

Department of Andrology
Clinical Laboratory Medicine

Andrology.Department@elht.nhs.uk

01282 805409



[Appointment only](#)

**Instruction for the collection of
semen samples**

Introduction for Fertility samples

A semen analysis is usually advised if a couple are having difficulty conceiving (becoming pregnant). Primary infertility is an extremely common problem, affecting more than one in seven couples attempting their first pregnancy. A male fertility problem is a factor in around 40% of couples.

The results provide information about:

Volume- How much semen is produced (average greater than 2ml)

Count—How many sperm are present per millilitre of semen

Motility- How many sperm are motile and how quickly they are moving

Morphology- How many are of normal shape and size, and they type of defect (e.g. Head, tail)

Other- pH, viscosity, agglutination (sperm sticking together), any other significant cells present.

Introduction for Post Vasectomy samples

A one-hour post vasectomy semen analysis is carried out approximately 16-20 weeks post operation with a minimum of at least 20 ejaculations (unless otherwise directed from your referring consultant). To check whether your sample contains any sperm.

The semen will be analysed for any moving sperm, as any still present in your semen can result in pregnancy. Use contraception until the doctor who performed your vasectomy operation informs you that your post vasectomy semen sample is clear. Your referring doctor will be notified with the results within 7 days of receipt of the specimen.

Arranging a Semen analysis for Semen Analysis

You will need an appointment before you bring in your specimen

If you arrive in the department without an appointment your specimen will be rejected.

Your referring clinician will send an electronic referral to our department, and we will then send an appointment to you to let you know when you are due to submit a sample.

Contact the Andrology Department on 01282 805409 if you need to rearrange the appointment. The department will take telephone bookings/enquiries on Tuesday, Thursday, and Friday between 7:30-13:00.

If you cannot attend your appointment, please contact the department as soon as possible so your appointment can be given to another patient.

Please note there may be an 8 week wait for the next available appointment.

Containers

Your clinician will give you a red or blue pack that will contain a pre-weighed specimen pot. **Do not use any other container** other than the one supplied in your pack as some plastics are toxic to sperm. Please check the expiry date on the container label.

Please store the container between 20°C and 37°C prior to collecting the sample to minimise temperature shock to the sample.

Replacement containers can be collected from your GP surgery or from the Andrology department at Burnley General Teaching Hospital (please contact the department on 01282 805409 to arrange collection of a pack).

Instructions for collecting the semen sample

You can collect your sample at home, or you can request the use of a private room within the Andrology department to produce your sample. Please ring 01282 805409 to book the use of a room.

Prior to your appointment you should abstain from ejaculation/sex for at least 48 hours but no longer than 7 days

- 'Storing up sperm' for more than 7 days will **not** improve your sperm; it could have a detrimental effect on your results. Sperm can have poor movement and abnormal appearance.
- Having an ejaculation/sex less than 48 hours before your appointment can cause low volume, low numbers of sperm and abnormal appearance of sperm.

Producing the sample on your appointment day:

- Label the pot with your name and date of birth
- Pass urine, then wash hands and genitals with soap and water, ensuring all soap is washed off.
- Masturbate into the pot provided, your sample will be around a teaspoon of fluid.
- Firmly secure the lid.

Please **DO NOT**

- Use any form of lubrication, ensuring you collect all the sample, especially the first sperm rich portion.
- Use condoms as they will kill the sperm.
- Collect your sample by interrupted intercourse as this will contaminate the sample.
- Scrape your sample into the container from another surface will contaminate your semen with bacteria and debris.

Any of the above may result in you having to repeat the specimen which may be a further 8 weeks wait.

If the whole sample has not been collected inform the department at your appointment.

Complete the tear-off portion of this leaflet and bring the information and your sample to your appointment.

When transporting the specimen – place the container upright and keep close to your body to keep it warm (under clothing), then take it direct to the Andrology Department.

The use of hot water bottles or car heaters will kill the sperm.

Delivery of your sample

Please deliver to the Andrology Department at Burnley General Teaching Hospital only. There is no service at Royal Blackburn Hospital.

Deliver your sample to the Andrology department as soon as possible. **The specimen must reach the department within 50 minutes of producing it into the container.** Please ensure you are familiar with the location of the department and allow for traffic delays.

The department is located in Suite 3, Old Outpatient Department, Area 1, Level 2, Burnley General Hospital, Casterton Avenue, Burnley, BB10 2PQ.

You may use the postcode BB10 2PQ to view the correct hospital entrance on Google Earth Street view or use What3word App **coins.fork.credit** – this will place you at the correct entrance to the department.

The department is open Tuesday, Thursday and Friday between 7.30-13.30. **(We are NOT open Monday, Wednesday, Saturday, Sunday or bank holidays).**

Results

If you have been referred by your GP, your results will be sent to them within 7 calendar days from receipt. Please contact your doctor's surgery to arrange this appointment.

If you have been referred by a hospital doctor, they will write to you with an appointment where they will discuss your results.

Results are not available from the laboratory.

Why would a repeat test be needed?

Guidelines that are not followed or borderline result often trigger the need for a repeat sample. Your requesting doctor will request the department of Andrology to send you an appointment for a repeat test.

Quality of Our Service

The Andrology department is a UKAS accredited laboratory; however, retrograde ejaculation testing is not a UKAS accredited test. The laboratory participates in external quality assurance (UKNEQAS) and internal quality assurance is monitored. All tests carried out are in accordance with WHO (World Health Organisation) guidelines (2021).

All specimens will be tested by State Registered Biomedical Scientists who are regularly competency assessed.

Personal information will be kept in line with Caldicott and Trust Information Governance protocols

No Smoking Policy

The NHS has a responsibility for the nation's health. Please protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

Questions and Queries

If you have questions regarding your sample, comments, or queries, please ring the laboratory on 01282 805409 or email Andrology.Department@elht.nhs.uk

Should you have any concerns regarding the service, or any aspect of your care please speak to the Senior Biomedical Scientist (using the above contact details), or if you prefer, the Patient Advice Liaison Service (PALS).

Specimen Collection/delivery information slip

Please complete the following information, cut along the perforation and bring to the department with your sample.

Fertility test/Post vasectomy test (please delete as appropriate)

*Compulsory information needed, failure to complete will result in specimen rejection

Patient name:.....DOB.....*

Time specimen produced into container:*

Nº days since last ejaculation/ sexual intercourse.....*

Was the entire specimen collected in the container? Y / N *

Any medication and or illness

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Any other information

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Name of person of delivering specimen to department

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After testing, your remaining specimen may be used for quality checks, audit purposes or teaching.

Please sign beneath if you consent to your specimen being used:

I(your name) consent to my sample being used for training or Quality control purposes.

