

## INFORMATION FOR PATIENTS

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# Diagnostic semen analysis

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### What is semen analysis?

Semen analysis is the microscopic examination of semen to see how many sperm cells are present and whether they function correctly.

### What do I have to do?

Ensure that your referring doctor has given you a completed request form, a sterile and toxicity tested container and a specimen bag. Make sure your specimen pot has not expired and has a weight (in g). These details are found on the sample pot.

### Book an appointment.

Telephone Cellular Pathology at King's Mill Hospital on 01623 672382 to arrange an appointment to deliver your sample to the laboratory nearest to your home. You will need to take the semen sample to the laboratory within **one** hour of production.

Please book your appointment as soon as possible as there could be a long wait time for an appointment.

### We are unable to accept any samples without an appointment.

If you have any questions about the test then Cellular Pathology will be pleased to answer these for you. Our opening hours are 8.30am-5pm, Monday to Friday.

Appointments at King's Mill Hospital are available on **Thursdays**. The address is:

Cellular Pathology Department  
King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield NG17 4JL

Appointments at Newark Hospital are available on **Wednesdays**. The address is:

Pathology Department  
Newark Hospital  
Boundary Road  
Newark NG24 4DE

### We do not provide facilities to produce your semen sample. Please produce your sample at home.

You are required to **abstain from any sexual activity (masturbation or intercourse) for two to three days but no longer than seven days** prior to your appointment date to ensure that the best sample is obtained.

### How do I collect the sample?

1. Make sure that your full name, NHS number and date of birth are written on the sample container and warm the container to body temperature in a trouser or internal jacket pocket for about ten minutes.
2. Be hygienic – wash your hands and genitals. **Do not** wash the container.
3. Collect **all** the semen produced by masturbating directly into the sample container provided.

It is very important you collect the whole sample into the pot as sperm are not ejaculated evenly throughout the seminal fluid. If any of the semen is not collected, you must indicate on the request form that not all of the sample was collected.

**It is essential that you are absolutely honest about how complete the sample is.**

**An incomplete sample could lead to inaccurate results and misinterpretation of the test.**

Do not use interrupted intercourse as you are very likely to miss part of the sample.

Do not use a contraceptive sheath or wash out the container as this will spoil the sample.

4. Once the sample has been collected, please make sure that the **lid is screwed on tightly**. Write the time and date that the sample was collected on the container label and place the container in the specimen bag provided.
5. Ensure that you bring the fully completed request form with you to the laboratory as we are unable to accept your sample without this.
6. Please deliver the sample to the laboratory within **one** hour and attend as close to your appointment time as possible.

We regret that if you are more than 30 minutes late, we may not be able to perform your test as the sample may be too old to give accurate results.

You should therefore give yourself ample time to arrive, especially if travelling by car as parking can sometimes be difficult.

7. Keep the sample close to the body in a trouser or internal jacket pocket whilst travelling to the laboratory as sperm are sensitive to extremes of temperature and should be kept between 20 and 37 degrees Celsius.

### **Where do I deliver the sample to?**

The result of your test is dependent upon us receiving your sample within **one** hour, so you must deliver it directly to the laboratory nearest to your home at your appointment time.

The Cellular Pathology Department at King's Mill Hospital is found by following the signs to the Bereavement Centre and the MRI Scanner. The department's main door is situated to the right just as you turn off the main corridor towards the Bereavement Centre and the MRI Scanner.

Please press the call button to the right of the door and a member of staff will come down to check your details and take your sample from you. There is a free 15 minute drop off/collection zone outside King's Mill Hospital's main reception and volunteers are available in the entrance foyer to give directions.

The Pathology Department at Newark Hospital is situated on the ground floor next to the Mercia Doughty Preoperative Assessment Unit. When you arrive at Pathology you should take your sample to the delivery hatch at the reception. The staff will check your details and take the sample from you.

You are free to leave once you have handed in your sample as **your results will be forwarded to your referring doctor**.

Site maps and directions to King's Mill Hospital and Newark Hospital can be found on the Trust's website - please see 'Further sources of information'.

### **How is my sample tested?**

We examine several important factors that all contribute towards a man's ability to father a child.

These factors include the number of sperm present, how well the sperm are moving and the size and shape of the sperm.

## What will cause my sample to be rejected?

Your sample will be rejected due to any of the below:

- Leaking or incomplete specimens.
- Confirmed high risk specimens (e.g. HIV positive).
- Unlabelled specimens.
- Delivered to Cellular Pathology without a prior appointment.
- Not produced into an appropriate in-date toxicity tested, pre-weighed and labelled container.
- Delivered to Cellular Pathology more than 2 hours after production.
- Samples received without the completed appropriate form.
- Low volume samples less than 1ml.
- Specimen kit out of date.

## How do I get my results?

Your results will normally be sent back to your referring doctor (GP or consultant) approximately seven days after your test.

Results are not given out over the telephone in order to protect patient confidentiality.

In some cases, it may be necessary for you to produce a repeat sample for testing. This is not unusual and does not indicate a problem.

## What happens to my sample after it has been tested?

Once we have tested your sample and sent a result back to your referring doctor, we incinerate the remaining fluid.

However, your semen may be used by us for training or quality control purposes. If you have any objections to your waste semen being used for this purpose, please indicate this on the request form.

## How do I know you provide a quality service?

We participate in the UK National External Quality Assurance Scheme, where our performance is monitored against national benchmarks.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

## Protection of personal information

The Trust's policy on protection of personal information is detailed on the Trust's internet page in the Data Protection, Confidentiality and Disclosure Policy. This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please telephone 01623 672232 or email:

[sfh-tr.information.governance@nhs.net](mailto:sfh-tr.information.governance@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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