

## INFORMATION FOR PATIENTS

# Diagnostic semen analysis

### What is semen analysis?

Semen analysis is the microscopic examination of semen to assess male fertility.

### What do I have to do?

Ensure that your referring doctor has given you a request form, a sterile and toxicity tested container and a specimen bag. Please check 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 your nearest laboratory. You will need to take the semen sample to the laboratory within **one hour of production**, at your booked appointment time.

**We do not provide facilities to produce your semen sample at the laboratory. Please produce your sample at home.**

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.**

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

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

### How do I collect the sample?

1. You are required to **abstain from any sexual activity (masturbation or intercourse) for two to three days, but no longer than seven days** before your appointment date to ensure that the best sample is obtained.
2. Make sure that your full name, NHS number and date of birth are written on the sample container. Pre-warm the sample container before collection for about 10 minutes, either by keeping it in a trouser or internal jacket pocket.
3. Be hygienic – wash your hands and genitals. **Do not wash the container.**
4. Collect **all** the semen produced by masturbating directly into the sample container provided.

It is important that 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 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 likely to miss part of the sample.

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

5. 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.
6. Complete the yellow request form and bring it with you to the laboratory as we are unable to accept your sample without this.
7. 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 late, we may not be able to perform your test as the sample may be too old to give accurate results or it may overlap other booked appointments.

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

8. 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 and in person at your appointment time.

#### **King's Mill Hospital**

The Cellular Pathology Department (Histology) 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 let you in and meet you at the top of the stairs.

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.

#### **Newark Hospital**

The Pathology Department is found 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.

A member of 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:

<https://www.sfh-tr.nhs.uk/>

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

We examine several important factors, including the number of sperm present in the sample, 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 samples.
- Confirmed high risk samples (e.g. HIV positive).
- Unlabelled samples.
- Delivered to Cellular Pathology without a booked appointment.
- Not produced into an appropriate in-date toxicity tested, pre-weighed and labelled container.
- Delivered to Cellular Pathology more than two hours after production.
- Samples received without the completed 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 two to three weeks after your test.

Results are not given out over the telephone 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 sample.

Your semen may be used by us for training or quality control purposes. If you have any objections to your waste sample 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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