

GENERAL SEMINAL FLUID ANALYSIS & SEMINAL OXIDATIVE STRESS TEST

MICROBIOLOGICAL TEST

A. Preparing for the test(s)

1. Call the Family Institute to arrange a specific time for delivery of the sample (the diagnostician performing the analysis will be expecting to receive the sample at the Family Institute at the arranged time).
The seminal fluid analysis should be carried out after it has been liquefied - within a maximum timeframe of one hour after ejaculation. For this reason, most seminal fluid analyses are carried out at the Family Institute mainly on Saturday mornings when there is not much traffic in Warsaw and delivery of a sample for analysis within 30 minutes from its collection is usually not a problem. If Saturday is not a good time for you, please notify the Reception Desk Personnel when arranging the sample delivery date and time.
2. Collect the Seminal Fluid Collection (SFC) Kit from the Family Institute Reception Desk. The kit contains: a special spermicide-free, non-latex condom, a sterile container for the sample, and the form to be submitted to the Reception Desk Personnel at the time of delivery of the sample for analysis.
Please read the form carefully and fill in the basic data. Fill in the sample delivery time just before leaving home.
3. **Avoid sexual intercourse for 72 hours** before the sexual intercourse during which the seminal fluid will be collected for analysis, however, for **no longer than 7 days**.
Follow these instructions exactly in order to ensure that an adequate volume of sperm is collected.

Take Urosept 3x2 (available over the counter) 1 day before collecting the seminal fluid.

Additionally collect a test tube with sterile charcoal transport medium
Store it in a refrigerator and only take it out approx. 30 minutes before collecting the seminal fluid sample

B. Seminal Fluid Collection

1. Write your name and surname (preferably with a permanent marker) on the sterile container for the seminal fluid.
2. Before intercourse, pass urine, wash your hands and genital organs (also underneath the foreskin) with water only - **DO NOT USE SOAP**. Do not dry your penis with a towel.
3. Place the condom over the length of an erect penis, pinching the tip of the condom to ensure it is free of air.
The condom may be pierced 2 or 3 times with a sterile injection needle (size 5/6) so the intercourse is fertile. This will allow a small amount of seminal fluid to be deposited in the upper vagina.
4. After ejaculating and the erection going away, remove the condom and **TRANSFER ALL THE SEMINAL FLUID** from the condom into the sterile container provided by us (part of the SFC kit). Make sure the condom is completely empty. When transferring the seminal fluid from the condom, make sure the seminal fluid does not come into contact with your fingers and do not use any other objects while doing this. Once the seminal fluid has successfully been transferred into the container, try to keep the container in a manner ensuring the seminal fluid temperature is as close to 37°C as possible. Dispose of the condom by placing it into the general waste bin.

Take the test tube out of the refrigerator and label it with your name and surname

N.B! The condom must not be pierced when the sample is being collected for microbiological tests

Before closing the container, use the swab to collect a small sample of seminal fluid and place it into the test tube. Store it in a cool place

C. Delivery of the Seminal Fluid for Analysis

1. Deliver the sample for analysis **IN PERSON** at the **ARRANGED** date and time to the Family Institute. Keep the container with the seminal fluid close to your body to keep it at a steady temperature of approx. 37°C. Don't forget to take the completed form with you. Should you forget the form at home, you can complete it upon your arrival. What is important is that you state the exact time of collection of the seminal fluid.
2. You can usually collect the test results on the same day, no later than the next working day.

Try to keep the test tube with the collected sample in a cool place.