

# Preparing for a semen analysis

The way the sample is prepared and delivered determines how reliable the result is. Please read these instructions before your scheduled appointment.

## STAGE 1 – BEFORE THE TEST

### Three things to do in advance

#### 01 Book a specific appointment – day and hour

The laboratory diagnostician performing the analysis will be waiting at Instytut Rodziny for your sample at the agreed hour.

#### 02 Buy a collection kit at reception

At the Instytut Rodziny reception you can buy a kit containing a non-latex condom and a sterile container.

#### 03 Abstain from intercourse for 3–7 days

This ensures the analysis is reliable. Keep the same or a similar abstinence period before any repeat test – that makes the results comparable.

## WHAT APPLIES TO YOUR TEST

### Find your variant in the table

Preparation and collection are the same for every test. Only the three points below differ – check the row matching the test on your referral.

| TEST                                                                                                           | UROSEPT THE DAY BEFORE                   | SAMPLE TRANSPORT                                 | DELIVERY WINDOW          |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------|--------------------------|
| <b>Standard semen analysis</b>                                                                                 | no                                       | close to the body, as close to 37 °C as possible | <b>within 60 minutes</b> |
| <b>Semen cultures</b><br>aerobic, anaerobic, fungi, Mycoplasma, Ureaplasma, URO-12                             | <b>yes</b> – 3×2 tabs (over the counter) | at a temperature between 2 °C and 22 °C          | <b>within 4 hours</b>    |
| <b>Standard analysis together with additional tests</b><br>cultures, HBA, DNA fragmentation, MARTest IgG / IgA | <b>yes</b> – 3×2 tabs (over the counter) | close to the body, as close to 37 °C as possible | <b>within 60 minutes</b> |

# Step by step

## 01 Hygiene before intercourse

Pass urine, then wash your hands and penis (including under the foreskin) with water only, without soap. Do not dry the penis with a towel.

## 02 Putting on the condom

Put the non-latex condom on the erect penis, holding its tip between your fingers so that no air is trapped inside.

## 03 Transferring the whole sample

After ejaculation, once the erection has subsided, slide the condom off and pour **the entire volume of semen into the sterile container**, emptying the condom completely. Discard the condom with the waste.

## 04 Labelling the container

Label the container with your first name, surname and the time of ejaculation.

## 05 Transport at the right temperature

The temperature depends on the test – see the table on page 1. Standard analysis: keep the container close to your body. Cultures: between 2 °C and 22 °C.

## 06 Delivering the sample in person

The sample **must be delivered in person**, within the time given in the table, together with your referral. **It cannot be brought by anyone else!**

### If you are trying to conceive

So that the act is not rendered infertile, the condom may be pierced two or three times with a sterile injection needle (size 5/6). This leaves a small amount of semen in the vaginal vault.

## ANDROLOGY LABORATORY SERVICES

- Standard semen analysis
- URO-12 urogenital infection panel
- Oxidative stress in semen
- Semen cultures: aerobic and anaerobic bacteria, fungi
- Semen culture: Mycoplasma, Ureaplasma
- Sperm DNA fragmentation test
- MARTest IgG, IgA
- HBA test – sperm binding to hyaluronan

## PATIENT NOTES

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